

# One-Pan Chicken Tandoori

## Ingredients:

### Yogurt BY SUB-ZERO, WOLF, COVE

- 4 cups Milk
- ¼ cup yogurt
- Eight 4 oz jars

### Chicken Tandoori BY AMBITIOUS KITCHEN

#### MARINADE

- 1 ½ lbs boneless, skinless chicken thighs
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp ground turmeric
- 1 tsp cayenne pepper
- ½ tbsp garam masala
- ¾ cup nonfat plain Greek yogurt
- Juice of 1 small lemon
- 3 garlic cloves, minced
- 1 tbsp freshly grated ginger
- ¾ tsp salt
- Freshly ground black pepper

#### RICE

- 1 tbsp olive oil or coconut oil
- 1 (15 oz) can lite coconut milk
- ½ tsp red pepper flakes
- ½ tsp turmeric
- ½ tsp cumin
- ⅛ tsp coriander
- 1 ½ teaspoon salt
- Freshly ground black pepper
- 1 cup uncooked basmati white rice
- ¾ cup frozen green peas

### Yogurt Sauce

- 1 cup of yogurt (homemade or store bought)
- ½ cup of chopped cilantro
- 1 tbsp of lemon juice
- 3 garlic cloves minced
- Salt & pepper

## Method:

### Yogurt

1. Using induction or the dual stack burner and a two-quart pot scald the milk.
2. Transfer the milk to a large bowl to completely cool.
3. Thoroughly mix the cold milk with yogurt, I like to pass the milk through a fine mesh sieve. Skim the bubbles if needed.
4. Transfer the mixture to the Ball jars filling them to ¼ inch from the top.
5. Add the lids and lid rings. The rings need to be fingertip tight (you should be able to take the lid off without holding the jar, it needs to be in contact with the lid however).
6. Using the convection steam oven, place yogurt on the slotted steam pan and place it on rack position number two.
7. Touch the gourmet feature mode twice, then scroll right until you see yogurt. Select yogurt then choose either creamy or set. Follow the onscreen prompts and allow the machine to start, make sure the water reservoir.

### Chicken Tandoori

1. Add chicken, coriander, cumin, paprika, turmeric, cayenne pepper, garam masala, Greek yogurt, lemon juice, garlic, ginger and salt & pepper to a large bowl; mix with a spoon to combine and coat the chicken, then cover with plastic wrap and place in fridge for anywhere from 1-8 hours to marinate.
2. Add rice and all ingredients to a 9x13" baking pan. Give it a stir and place marinated chicken pieces right on top.
3. Place in cold oven and set to convection steam 325°F for 30 minutes on rack 2.
4. Once the 30 minutes are up, set to broil for 5 minutes to finish crisping up chicken and rice.
5. Pull out of oven and fluff up rice. Serve with naan bread and yogurt sauce.

### Yogurt Sauce

1. Mix all ingredients in a bowl and serve.