TANDOORI CHICKEN
WITH ROASTED CAULIFLOWER PILAF

PREPARATION: 20 MINUTES

MARINADE FOR 1-24 HOURS

COOKING: 40 MINUTES

4 SERVINGS

INGREDIENTS

1 pound boneless, skinless chicken thighs

MARINADE

1 teaspoon dry ginger
1 teaspoon garlic powder
1 teaspoon dry cumin
1 teaspoon turmeric
1 teaspoon paprika
1/2 teaspoon cayenne
1/2 teaspoon ground cinnamon
1/2 cup plain Greek yogurt

PILAF

2 cups small cauliflower florets
1 tablespoon olive oil
1 teaspoon curry powder
1 cup basmati rice, cooked (1/2 cup uncooked)
1 cup frozen peas
2 tablespoons fresh mint, chopped

International Flavour

A classic food from the **Indian** subcontinent and a new way to enjoy chicken!

Nutrient Analysis

PER SERVING
1/4 of recipe

Renal exchange:
4 Protein + 1 Starch + 1 Vegetable

Calories	**302 Kcal**
Protein	**30 g**
Carbohydrates	**24 g**
Fibre	**4 g**
Total Fat	**10 g**
Saturated Fat	**2 g**
Cholesterol	**96 mg**
Sodium	**169 mg**
Potassium	**607 mg**
Phosphorus	**318 mg**

PREPARATION

1. In a bowl, combine all ingredients for the marinade. Massage the chicken thighs into the marinade. The marinade will be quite thick. Cover the bowl and let the chicken marinate in the refrigerator for 1-24 hours.
2. Preheat oven to 400° F. Line a baking tray with parchment paper.
3. Heat a large non-stick skillet over high heat. Sear both sides of the chicken thighs. Place them on the baking tray.
4. In a mixing bowl, toss the cauliflower florets with the olive oil and curry powder. Place them on the baking tray with the chicken thighs.
5. Roast the chicken thighs and cauliflower for approximately 30 minutes. The internal temperature of the chicken should be of 165° F and the cauliflower should start to brown.
6. Cook the basmati rice according to package instructions.
7. Remove the baking tray from the oven. Prepare the pilaf by combining the cauliflower, the cooked rice, frozen peas, and chopped fresh mint in the skillet and sauté until warmed.
8. Serve the chicken with the pilaf.

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