





Chicken Tikka Tacos

with Cauliflower & Cucumber Raita

 30-40min  2 Servings

We're bringing east-meets-west to the table, and it's seriously delicious! Here we combine warm, lightly charred flour tortillas with an out-of-the-box filling—garam masala spiced chicken and cauliflower! But the fusion doesn't stop there! Instead of crema, we top these Indian-spiced tacos with homemade cucumber-yogurt raita, fresh marinated tomatoes, and cilantro.

What we send

- garlic
- 2 (¼ oz) garam masala
- 4 oz Greek yogurt ¹
- 12 oz pkg boneless, skinless chicken breasts
- 1 head cauliflower
- 1 medium red onion
- 1 cucumber
- ¼ oz fresh cilantro
- 1 plum tomato
- 6 (6-inch) flour tortillas ^{2,3}

What you need

- neutral oil
- kosher salt & ground pepper
- butter ¹
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- rimmed baking sheet

Allergens

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 32g, Carbs 72g, Protein 61g



1. Marinate chicken

Preheat broiler with a rimmed baking sheet on a rack in the upper third. Finely chop **2 teaspoons garlic**. In a medium bowl, combine **half each of the garam masala and the chopped garlic**, and **2 tablespoons each of Greek yogurt and oil**. Pat **chicken** dry; thinly slice into strips. Season with **salt and pepper**; add to bowl with yogurt marinade and toss to combine. Set chicken aside.



2. Prep ingredients

Cut **cauliflower** into ¾-inch florets. Halve and thinly slice **half of the onion** (save rest for own use). Add ⅔ of the onions to bowl with **chicken**; stir to combine. Halve **cucumber** crosswise (save half for own use). Peel cucumber, remove and discard seeds, then thinly slice into half-moons. Pick **cilantro leaves** from **stems**; thinly slice stems. Cut **tomato** into ½-inch pieces.



3. Broil chicken & veggies

In a large bowl, toss **cauliflower** with **1 tablespoon oil**; season with **salt and pepper**. Transfer to one side of preheated baking sheet in a single layer. Add **chicken and onions** to other half. Broil on upper rack until cauliflower is browned and chicken is cooked through, 10-12 minutes. Out of oven, add **remaining garam masala** and **1 tablespoon butter**; stir on sheet to coat.



4. Make cucumber raita

Meanwhile, in a small bowl, combine **tomatoes, remaining onions, 1 teaspoon each of oil and vinegar**, and a **pinch each of salt and sugar**. Set tomatoes aside to marinate until step 6.

In a medium bowl, stir to combine **cucumbers, cilantro stems, remaining yogurt and chopped garlic, 1 tablespoon water**, and **1 teaspoon vinegar**. Season raita to taste with **salt and pepper**.



5. Warm tortillas

Toast **tortillas** over a gas flame, turning once or twice, until lightly charred in spots, 5-6 seconds per side. Wrap in foil or clean kitchen towel to keep warm. (Alternatively, stack tortillas, wrap in foil, and warm on lower oven rack while chicken cooks, about 5 minutes.)



6. Finish & serve

Season **chicken and cauliflower** to taste with **salt and pepper**, then spoon onto **toasted tortillas**. Top with **marinated tomatoes** and **cucumber raita**. Garnish **tacos** with **whole cilantro leaves**. Enjoy!