



Tandoori Spiced Chicken

with Coconut Green Beans & Rice



20-30min



2 Servings

Tandoori spiced chicken is ultra tender from pounding with a meat mallet (or a heavy skillet!) and marinating in yogurt. It's accompanied by garlicky-ginger green beans tossed in crunchy coconut and a slightly sweetened rice studded with currants. We saved a little yogurt to season with salt and pepper for a refreshing dipping sauce. Cook, relax, and enjoy!

What we send

- basmati rice
- fresh ginger
- garlic cloves
- green beans
- boneless, skinless chicken breasts
- tandoori spice blend
- dried currants
- shredded coconut ¹⁵

What you need

Tools

Allergens

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 19g, Carbs 89g, Protein 52g



1. Prep ingredients

Peel and finely chop **garlic** and **ginger**. Trim stems from **green beans**. Place **chicken breasts** between 2 sheets of plastic wrap and, using a meat mallet or heavy skillet, pound **chicken** to even ½-inch thickness all over.



4. Toast coconut

Heat a large nonstick skillet over medium-high. Add **coconut** and toast, stirring, until deeply golden, 2-3 minutes. Transfer to a small plate or bowl. Wipe out skillet.



2. Marinate chicken

In a medium bowl, combine **tandoori spice**, **half of yogurt**, and **half each of garlic** and **ginger**. Add **chicken** and rub marinade all over. Set aside to marinate at room temperature while you prepare the rest, about 15 minutes.



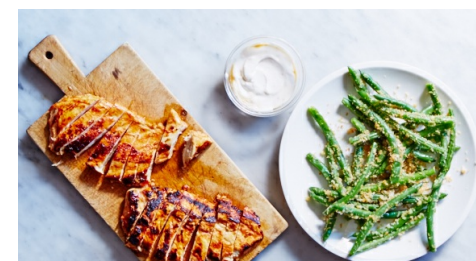
5. Cook green beans

Add 1 tablespoon **oil** to skillet. Add **rest of ginger** and **garlic** and cook on medium until fragrant, 1 minute. Add **green beans**, ¼ teaspoon **salt**, and ¼ cup **water**. Cover and cook until bright green, about 2 minutes. Uncover and cook until liquid is evaporated and **beans** are crisp-tender, 2-3 minutes. Transfer to a plate and cover to keep warm. Wipe out skillet.



3. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear and drain well. Combine **rice**, **currants**, 1½ cups **water**, and ½ teaspoon **salt** in a small saucepan. Bring to a boil, reduce heat to low, and cover. Cook until **rice** is tender and water is absorbed, about 15 minutes. Leave covered 5 minutes then fluff with a fork.



6. Cook chicken

Add 1 tablespoon **oil** to skillet over medium-high heat. Cook **chicken** until browned and cooked through, about 3 minutes per side; transfer to a plate. Combine **remaining yogurt** with any accumulated **juices from chicken** and season with **salt**. Toss **green beans** with **coconut**. Slice **chicken** crosswise and serve with **rice**, **green beans**, and a dollop of **yogurt**. Enj...