



Tandoori Chicken & Turmeric Cauliflower

with Rice & Mint Raita



35min



2 Servings

Vibrantly colored with a mild smoky aroma, tandoori chicken is just as welcome at home as it is in top Indian restaurants. A tangy mix of bright spices and tzatziki sauce flavors chicken breasts that roast until juicy and lightly charred. Cauliflower turns a brilliant turmeric yellow and roasts alongside to tender perfection. Fresh mint raita adds a cool creaminess along with crunchy cashews and rice to soak it all up.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz tandoori spice
- 4 oz tzatziki ^{7,15}
- 5 oz basmati rice
- 1 red onion
- 1 head cauliflower
- ¼ oz turmeric
- 1 oz salted cashews ¹⁵
- 1 lime
- ¼ oz fresh mint

What you need

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

Tools

- rimmed baking sheet
- small saucepan

Cooking tip

Before cutting the lime, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside so you have more juice to squeeze!

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 810kcal, Fat 30g, Carbs 86g, Protein 55g



1. Marinate chicken

Pat **chicken** dry; season with **salt** and **pepper**. In a medium bowl, toss chicken with **tandoori spice**, **1 tablespoon oil**, **2 teaspoons tzatziki**, **1 teaspoon vinegar**, and **¼ teaspoon sugar**. Marinate for 30-60 minutes or proceed with recipe.



4. Roast

Carefully transfer **marinated chicken** to one side of the preheated baking sheet, then add **cauliflower and onions** to the other half. Roast on upper oven rack until cauliflower starts to soften and chicken is almost cooked through, about 13 minutes.



2. Cook rice

Preheat oven to 425°F with a rimmed baking sheet on a rack in the upper third.

In a small saucepan, combine **rice**, **1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



5. Make mint raita

Meanwhile, coarsely chop **cashews**. Cut **lime** into 6 wedges. Pick **mint leaves** from stems, then coarsely chop half; discard stems.

In a small bowl, combine **remaining onions** and **juice from one lime wedge**. To the **remaining tzatziki**, stir in **chopped mint** and a **pinch of sugar**. Season to taste with **salt** and **pepper**.



3. Prep ingredients

Halve **onion** and thinly slice. Trim stem ends from **cauliflower**, then cut crowns into florets.

In a medium bowl, toss cauliflower with **¾ of the onions**, **1 teaspoon turmeric**, and **1 tablespoon oil**. Season with **salt** and **pepper**.



6. Finish & serve

Switch oven to broil. Broil **chicken** until blackened in spots and cooked through, about 3 minutes (watch closely as broilers vary).

Serve **tandoori chicken** and **roasted cauliflower** with **basmati rice** and **remaining lime wedges**. Top with **mint raita**, **onions**, **cashews**, and **remaining mint leaves**. Enjoy!