



Masala-Spiced Chicken Kebabs

with Cauliflower Rice & Cilantro



20-30min



2 Servings

Used in Indian cuisine, garam masala is a blend of spices toasted to bring out more flavor and aroma. Although, the words masala means "spices" and garam means "hot," garam masala isn't considered spicy, but warm with floral notes, which add a ton of flavor to these juicy chicken kebabs. Paired with a cooling cilantro yogurt, this keto-friendly dish hits all the right notes.

What we send

- 1 yellow onion
- ¼ oz fresh cilantro
- 1 oz fresh ginger
- 10 oz pkg ground chicken
- ¼ oz garam masala
- 2 limes
- 4 oz Greek yogurt ⁷
- 12 oz cauliflower rice
- ¼ oz cumin seeds

What you need

- butter ⁷
- kosher salt & ground pepper
- neutral oil
- ¼ c milk ⁷

Tools

- medium skillet
- rimmed baking sheet
- aluminium foil

Allergens

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

Nutrition per serving

Calories 560kcal, Fat 32g, Carbs 28g, Protein 46g



1. Prep ingredients

Preheat broiler with a rack in the center.

Finely chop **onion**. Finely chop **cilantro stems**; coarsely chop **leaves**, keeping them separate.

Peel and finely chop **1½ tablespoons ginger**.



4. Make cilantro yogurt

Squeeze **1 tablespoon lime juice** into a small bowl. Stir in **yogurt, ¼ of the cilantro leaves, ¼ cup milk, and 1 tablespoon oil**, and season to taste with **salt and pepper**.

Cut any remaining lime into wedges.



2. Sauté aromatics

Heat **1 tablespoon butter** in a medium skillet over medium-high. Add **ginger** and **all but 2 tablespoons of the chopped onions**; cook, stirring, until softened, about 4 minutes.

Transfer to a medium bowl to cool slightly. Transfer **3 tablespoons of the mixture** to a small bowl and set aside for step 5. Reserve skillet for step 5.



5. Make cauliflower rice

Melt **1 tablespoon butter** and **1 tablespoon oil** in reserved skillet over medium-high heat. Add **cauliflower rice, all of the cumin seeds, and reserved cooked onions** and cook, stirring, until softened and lightly browned in spots, 5-7 minutes. Season to taste with **salt and pepper**.



3. Make kebabs

Add **chicken** to medium bowl with **cooked onions**. Stir in **cilantro stems, all of the garam masala, ½ teaspoon salt, and a generous pinch of pepper**.

Form mixture into 4 (4-inch long) logs. Set on an **oiled**, foil-lined rimmed baking sheet.



6. Cook kebabs & serve

Meanwhile, broil **kebabs** on center oven rack, without turning, until browned and cooked through, 8-10 minutes.

Spoon **cauliflower rice** onto plates and top with **kebabs, cilantro yogurt, reserved chopped onions, and remaining cilantro leaves**. Serve with **any lime wedges** for squeezing over. Enjoy!