



Grilled Tikka-Spiced Chicken

with Yogurt Cucumber Salad



40min



2 Servings

We can't resist the smoky char of grilled chicken! We quickly marinate boneless chicken breasts in Greek yogurt with fresh ginger, garlic, and garam masala spice blend—which flavors the meat and makes the chicken juicy and tender. Aromatic rice and a creamy cucumber salad round out this flavorful dinner. Don't forget a sprinkle of fresh cilantro and a squeeze of lime on top!

What we send

- 5 oz jasmine rice
- garlic
- 1 lime
- 1 piece fresh ginger
- ¼ oz fresh cilantro
- 4 oz Greek yogurt ¹
- ¼ oz garam masala
- 12 oz pkg boneless, skinless chicken breasts
- 1 cucumber

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)

Tools

- grill or grill pan
- medium saucepan
- microplane or grater

Cooking tip

No grill or grill pan? Heat 1 tablespoon oil in a skillet over medium-high. Add chicken and cook until lightly charred on both sides and cooked through, 3-4 minutes per side.

Allergens

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

Nutrition per serving

Calories 630kcal, Fat 16g, Carbs 69g, Protein 51g



1. Make rice

Preheat a grill on high, if using.

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



4. Make cucumber salad

Peel **cucumber**, use a spoon to scoop out seeds, then thinly slice on an angle.

In a medium bowl, stir to combine **cucumbers, chopped cilantro stems, remaining yogurt and chopped garlic, 1 tablespoon water**, and **1 teaspoon vinegar**. Season to taste with **salt and pepper**. Set cucumber salad aside until step 6.



2. Prep ingredients

Meanwhile, finely chop **2 teaspoons garlic**. Finely grate **all of the lime zest**, then cut lime into wedges. Peel and finely chop **2 teaspoons ginger**. Pick **cilantro leaves** from **stems**; reserve whole leaves for step 6 and finely chop stems.



5. Grill chicken

Heat a grill pan over medium-high, if using.

Remove **any excess marinade** from **chicken**, then transfer to grill or grill pan. Cook until browned and cooked through, 4-6 minutes per side. Transfer chicken to a cutting board to rest.



3. Marinate chicken

In a medium bowl, stir to combine **all of the garam masala, chopped ginger, half of the Greek yogurt, 2 tablespoons oil**, and **1 teaspoon of the chopped garlic**.

Pat **chicken** dry and season all over with **salt and pepper**; add to bowl with yogurt marinade and toss to combine. Set chicken aside to marinate until step 5.



6. Finish rice & serve

Fluff **rice** with a fork, then stir in **lime zest**. Slice **chicken** into strips and serve over rice, with **cucumber salad** alongside. Garnish with **reserved whole cilantro leaves** and **lime wedges** for squeezing over, if desired. Enjoy!