



## Tandoori Chicken Thighs

with Potato-Green Bean Masala



30-40min



2 Servings

Tandoori spice is a mixture of warm flavors like ground ginger, turmeric, and fiery cayenne and earthy spices like cumin and paprika. In Indian cuisine, the blend is typically used to season meat that is cooked in a tandoor (a clay oven).



## What we send

- 1½ lb pkg bone-in, skin-on chicken thighs
- garlic (use 1 large clove)
- 1 container Greek yogurt <sup>7</sup>
- tandoori spice blend (use 1 tsp)
- ¼ oz fresh cilantro
- 2 Yukon gold potatoes
- ½ lb green beans
- cumin seeds (use ½ tsp)

## What you need

- kosher salt & ground pepper
- butter <sup>7</sup>
- olive oil

## Tools

- medium skillet
- medium saucepan
- rimmed baking sheet
- colander

## Allergens

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

## Nutrition per serving

Calories 970kcal, Fat 61g, Carbs 48g, Protein 60g



### 1. Marinate chicken

Preheat oven to 450°F with racks in the center and upper third. Pat **chicken** dry and remove **skin**. Using a knife, make 2 bone-deep cuts into top of the chicken. Finely chop **1 large garlic clove**. In a small bowl, stir to combine **⅓ of the yogurt, 1 teaspoon of the tandoori**, and **½ teaspoon each of garlic and salt**. Rub **spiced yogurt** over chicken and into the cuts.



### 4. Start potato-bean masala

While **chicken** roasts, add **potatoes** to boiling water and cook until nearly tender when pierced with a knife, 8-10 minutes. Add **green beans** and cook until green beans and potatoes are tender, about 4 minutes. Drain well.



### 2. Roast chicken

Melt **1 tablespoon butter** in a medium skillet. Transfer **chicken thighs** to a foil lined-rimmed baking sheet and drizzle with **melted butter**. Flatten **chicken skin** on baking sheet next to thighs. Roast on center oven rack until skin is crisp, 10-15 minutes. Transfer crispy skin to a plate. Return chicken thighs to oven until they are cooked through, 10-12 minutes more.



### 5. Finish potato-bean masala

Melt **1 tablespoon butter** in same skillet. Add **remaining garlic** and **1½ teaspoons of the cumin seeds**; cook over medium-high until fragrant, about 1 minute. Add **potatoes and green beans**; season with **salt** and **pepper**. Cook, stirring occasionally, until lightly golden, about 2 minutes. Add **1 tablespoon water** and **remaining chopped cilantro**. Cover to keep warm.



### 3. Prep ingredients

Meanwhile, finely chop **cilantro stems** and **¾ of leaves** together; keep remaining cilantro leaves whole. Peel **potatoes**, then cut into 1-inch pieces. Trim **green beans**, then cut into 2-inch pieces. Bring a medium saucepan of **salted water** to a boil. Stir **1 tablespoon each chopped cilantro and water** and a **pinch of salt** into **remaining yogurt**.



### 6. Finish tandoori & serve

Remove **chicken** from oven. Switch oven to broil. Carefully spoon off **any excess fat** from baking sheet. Broil **chicken** on upper oven rack until lightly charred, 2-3 minutes (watch closely as broilers vary). Serve **chicken** with **potato-green bean masala, crispy chicken skin**, and with **cilantro yogurt** on the side. Scatter **remaining cilantro leaves** over top. Enjoy!