



## Grilled Tikka Spiced Chicken

with Yogurt Cucumber Salad



40min



2 Servings

If you don't have a grill or grill pan, heat 1 tablespoon oil in a heavy skillet (preferably cast-iron) over medium-high. Add the tikka spiced chicken and cook until lightly charred on both sides and cooked through, 3-4 minutes per side.



## What we send

- 5 oz basmati rice
- garlic
- 1 lime
- 1 oz fresh ginger
- ¼ oz fresh cilantro
- 4 oz Greek yogurt <sup>7</sup>
- ¼ oz garam masala
- 12 oz 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

## Allergens

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

## Nutrition per serving

Calories 620kcal, Fat 16g, Carbs 69g, Proteins 52g



### 1. Make rice

Preheat a grill on high, if using. In a medium saucepan, combine **rice**, **1¼ 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**, remove and discard 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.

(See front of recipe card for alternative cooking instructions.)



### 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!