



Chicken Tikka Tacos

with Cauliflower & Cucumber Raita



20-30min



2 Servings

We're bringing east-meets-west to the table, and it's seriously delicious! Here we combine warm, lightly charred flour tortillas with an out-of-the-box filling—garam masala spiced chicken and cauliflower! But the fusion doesn't stop there! Instead of crema, we top these garam masala spiced tacos with homemade cucumber-yogurt raita, marinated tomatoes, and cilantro.

What we send

- garlic
- 2 (¼ oz) garam masala
- 4 oz Greek yogurt ⁷
- ½ lb pkg chicken breast strips
- 1½ lbs cauliflower
- 1 medium yellow onion
- 1 cucumber
- ¼ oz fresh cilantro
- 1 plum tomato
- 6 (6-inch) flour tortillas ¹

What you need

- neutral oil
- kosher salt & ground pepper
- butter ⁷
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- rimmed baking sheet

Cooking tip

Try this time-saving tortilla warming technique! Instead of toasting over a gas flame, stack tortillas, wrap in foil, and transfer to lower oven rack to warm while chicken and veggies broil.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 700kcal, Fat 33g, Carbs 68g, Protein 47g



1. Marinate chicken

Preheat broiler with a rimmed baking sheet on a rack in the upper third. Finely chop **2 teaspoons garlic**. In a medium bowl, combine **half each of the garam masala and the chopped garlic**, and **2 tablespoons each of Greek yogurt and oil**. 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.



2. Prep ingredients

Cut **cauliflower** into ¾-inch florets. Halve and thinly slice **half of the onion** (save rest for own use). Add ⅔ of the onions to bowl with **chicken**; stir to combine. Halve **cucumber** crosswise (save half for own use). Peel cucumber, remove and discard seeds, then thinly slice into half-moons. Pick **cilantro leaves** from **stems**; thinly slice stems. Cut **tomato** into ½-inch pieces.



3. Broil chicken & veggies

In a large bowl, toss **cauliflower** with **1 tablespoon oil**; season with **salt and pepper**. Transfer to one side of preheated baking sheet in a single layer. Add **chicken and onions** to other half. Broil on upper rack until cauliflower is browned and chicken is cooked through, 10-12 minutes. Out of oven, add **remaining garam masala** and **1 tablespoon butter**; stir on sheet to coat.



4. Make cucumber raita

Meanwhile, in a small bowl, combine **tomatoes, remaining onions, 1 teaspoon each of oil and vinegar**, and a **pinch each of salt and sugar**. Set tomatoes aside to marinate until step 6.

In a medium bowl, stir to combine **cucumbers, cilantro stems, remaining yogurt and chopped garlic, 1 tablespoon water**, and **1 teaspoon vinegar**. Season raita to taste with **salt and pepper**.



5. Warm tortillas


Toast **tortillas** over a gas flame, turning once or twice, until lightly charred in spots, 5-6 seconds per side. Wrap in foil or a clean kitchen towel to keep warm as you go.



6. Finish & serve

Season **chicken and cauliflower** to taste with **salt and pepper**, then spoon onto **toasted tortillas**. Top with **marinated tomatoes** and **cucumber raita**. Garnish **tacos** with **whole cilantro leaves**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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