



Cut at the line for a 4x6 Recipe Card

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Tandoori Grilled Chicken

(Dinner)

Ingredients:

- 1 1/4 cup paprika
- 2 tbsp ground cumin
- 1 tbsp cayenne pepper
- 1 tbsp ground coriander
- 1 tbsp ground cardamom
- 1 tbsp ground cinnamon
- 1 tbsp ground black pepper
- 1 tsp ground cloves
- 1 tsp ground ginger
- 1 1/4 cup margarine or butter, melted
- 6 cloves garlic, minced
- 2 cups plain high-fat yogurt
- 2 tbsp lemon juice
- 2 tbsp salt

Directions:

In a bowl, mix paprika, cumin, cayenne, coriander, cardamom, cinnamon, pepper, cloves and ginger. In a frying pan on med. heat, melt butter. Add garlic and sauté until golden, then add dry spice mixture and cook for 2 minutes. Transfer spice mix to a bowl, then whisk in the yogurt, lemon juice and salt. Add chicken and let sit in refrigerator for at least 3 hours before grilling. Any unused marinade (that never had chicken in it) can be saved in the refrigerator for up to 3 weeks.

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