
Tandori-Style Chicken with Cilantro-Mint Sauce

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Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

1 1/4 pounds (4 to 6) chicken cutlets

FOR THE MARINADE

3/4 cup plain whole-milk Greek yogurt

3 tablespoons lime juice

2 tablespoons vegetable oil

1 piece (one inch) chopped ginger

1 chopped shallot

2 crushed garlic cloves

1 tablespoon garam masala

1 tablespoon sweet paprika

1 teaspoon turmeric

1/2 teaspoon Kosher salt

FOR THE TOPPING

2 cups fresh cilantro

1 cup fresh mint

1/3 cup coconut milk

1 small jalapeno pepper

2 tablespoons lime juice

1 tablespoon vegetable oil

1/2 teaspoon Kosher salt

Place the cutlets between two sheets of plastic wrap. Pound with a heavy skillet or the flat side of a meat mallet until an even 1/2-inch thickness.

Make the marinade: In a food processor, combine the yogurt, lime juice, vegetable oil, ginger, shallot and garlic. Process until smooth. Add the garam masala, paprika, turmeric and Kosher salt. Puree'.

In a bowl, toss the chicken with the marinade. Let marinate while you prepare the topping.

Make the topping: In a food processor, combine the cilantro, mint, coconut milk, jalapeno, lime juice, vegetable oil and Kosher salt. Puree' until smooth.

Preheat a grill to medium-high and oil the grates. Season the chicken with salt and pepper. Grill until browned and well marked, 2 to 3 minutes. Flip and grill until the chicken is cooked through, about 2 more minutes.

Place the chicken on a serving dish. Cover with the topping. Place any additional topping in a serving dish.

Serve.

Yield: 4 to 6 servings

Chicken

Per Serving (excluding unknown items): 632 Calories; 61g Fat (81.8% calories from fat); 6g Protein; 24g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1940mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fruit; 12 Fat.