

Grilled Tandoori Chicken with Indian-Style Rice

Yield: 7 min
Total Time: 1005 min

Recipe from: <https://www.recipeschoose.com/recipes/grilled-capsicum-recipe-indian>

Ingredients:

- 3 ounces plain greek yogurt
- 2 tablespoons lemon juice freshly squeezed
- 2 tablespoons minced garlic
- 2 tablespoons fresh ginger grated
- 2 teaspoons oil
- 2 1/2 teaspoons salt
- 2 teaspoons red pepper ground Indian, you can use cayenne or even Korean red chili powder in a pinch
- 1 tablespoon paprika
- 2 teaspoons coriander seeds ground, or coriander powder
- 1 tablespoon cumin seed freshly ground, or powder
- 3/4 teaspoon turmeric
- 1 teaspoon ground cloves
- 1/4 teaspoon black pepper
- 1 1/2 teaspoons garam masala
- 6 chicken leg quarters cut into drumsticks and thighs
- 1 cucumber sliced
- 1 medium red onion sliced
- cilantro for garnish, you can also use parsley
- 3 cups basmati rice dry
- 3 tablespoons oil butter, or ghee
- 3 teaspoons cumin seed
- 6 cloves
- 1 cinnamon stick
- 2 teaspoons salt or salt to taste
- 1 cup frozen peas

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 90 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 4 grams
8. Sodium: 1640 milligrams
9. Sugar: 3 grams

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