

# Tandoori Chicken with Peanut Sauce

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-indian-peanut-butter-recipe>

## Ingredients:

- 1 1/2 pounds chicken breast sliced or beaten to be ~3/4" thick
- 1/2 cup plain greek yogurt
- 1 tablespoon lime juice
- 2 tablespoons olive oil
- 1/4 teaspoon coriander powder
- 1/4 teaspoon cumin powder
- 1/4 teaspoon tumeric
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground cloves
- 1/2 teaspoon cardamom
- 1/8 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 2 tablespoons peanut butter
- 1/4 cup coconut milk
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1/4 teaspoon garlic powder
- 1/2 teaspoon ginger powder
- 1 1/2 teaspoons sesame oil
- 1 pinch salt
- naan
- red onion chopped
- cucumber chopped
- chopped cilantro

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 75 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 6 grams
8. Sodium: 780 milligrams
9. Sugar: 6 grams

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