

Tandoori Chicken with Basmati Rice

Yield: 5 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chicken-basmati-rice-yogurt-recipe>

Ingredients:

- 2 pounds chicken skinless, bone-in, I used thighs, wings and drumsticks
- 1 1/4 cups plain yogurt
- 1/2 onion finely chopped
- 1 clove garlic minced
- 1 teaspoon fresh ginger root grated
- 2 teaspoons garam masala
- 1 teaspoon cayenne pepper
- 1 teaspoon yellow food coloring
- 1 teaspoon red food coloring
- 2 teaspoons chopped cilantro finely
- 1 lemon cut into wedges
- 2 cups basmati rice 14 oz.
- 2 tablespoons unsalted butter
- 3 1/3 cups water
- 1 teaspoon salt

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 140 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 44 grams
7. SaturatedFat: 6 grams
8. Sodium: 650 milligrams
9. Sugar: 4 grams

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