

Tandoori Chicken

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/tandoori-paste-recipe-indian>

Ingredients:

- 4 pounds chicken or a mix of chicken parts
- marinade tandoori, recipe below
- 1/2 lemon juice
- 2 tablespoons ghee to brush, optional
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 2 teaspoons Madras curry powder hot curry powder -
- 1 teaspoon turmeric powder
- 1 tablespoon dried fenugreek leaves kasoor methi -
- 2 teaspoons salt
- 1 teaspoon mint sauce Google Coleman's mint sauce
- 1 tablespoon Cilantro leaves /stems
- 1 tablespoon tandoori paste Pataks, optional
- 1 tablespoon garlic ginger paste
- 3 tablespoons neutral oil oil -, like vegetable or canola
- 6 tablespoons water to make a runny paste
- 1 pinch orange food colouring or red, optional

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 295 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 92 grams
7. SaturatedFat: 5 grams
8. Sodium: 1540 milligrams

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