

Oven Baked Tandoori Chicken

Yield: 5 min
Total Time: 50 min

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

Ingredients:

- 1 1/2 cups yoghurt plain, full fat is best
- 2 tablespoons oil any
- 1 1/2 tablespoons lemon juice
- 2 teaspoons ginger grated
- 5 garlic cloves minced
- 3 teaspoons spice mix garam masala, Note 1
- 1 1/2 teaspoons chili powder kashmiri, Note 2 subs
- 1 teaspoon turmeric powder
- 2 teaspoons cumin
- 2 1/2 teaspoons coriander powder
- 1/2 teaspoon chili powder adjust to taste, pure, not US chili Note 3
- 1 teaspoon salt
- 1 1/4 kilograms chicken thighs / 2.4lb drumsticks, bone-in skin on, or Marylands, whole chicken legs, Note 4
- oil spray
- 1 cup yoghurt plain
- 1/2 cup mint leaves packed
- salt
- pepper
- olive oil
- basmati rice OR Saffron rice, see note

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 215 milligrams
4. Fat: 49 grams
5. Fiber: 2 grams
6. Protein: 45 grams

7. SaturatedFat: 13 grams
 8. Sodium: 910 milligrams
 9. Sugar: 5 grams
-

Thank you for visiting our website. Hope you enjoy Oven Baked Tandoori Chicken above. You can see more 18 indian chicken bake recipe [Get ready to indulge!](#) to get more great cooking ideas.