

## TANDOORI CHICKEN

**Time: 40 minutes (plus marinating time)**

**Serves: 4**

### **Ingredients:**

½ cup plain yogurt  
2 tablespoons lemon juice  
1 tablespoon tomato paste  
2 teaspoons ground coriander  
1 ½ teaspoons kosher salt  
1 teaspoon fresh grated ginger  
1 teaspoon chili powder  
1 clove garlic - finely chopped or grated  
2 pounds boneless-skinless chicken thighs

### **Preparation:**

Mix all ingredients except the chicken in a medium bowl.

Add the chicken, toss and refrigerate covered for at least three hours or overnight.

Preheat the oven to 475F.

Place the chicken on a baking sheet in a single layer.

Bake for 20 to 25 minutes until cooked through.

Remove from oven and serve immediately.

### **Nutritional Information Per Serving:**

Calories: 219  
Fat: 7g  
Carbs: 1g  
Fibre: 0g  
Protein: 33g