

Fast Tandoori Chicken

(/recipes/11474-fast-tandoori-chicken)

By Mark Bittman | Yield: 4 servings |

Ingredients

2 cups yogurt
2 teaspoons minced ginger
2 teaspoons minced garlic
2 teaspoons paprika
2 teaspoons ground coriander
Juice of a lime
Salt and fresh black pepper
1 ½ pounds chicken breasts
Minced cilantro for garnish

Nutritional Information

Nutritional analysis per serving (4 servings)

381 calories; 20 grams fat; 7 grams saturated fat; 0 grams trans fat; 7 grams monounsaturated fat; 3 grams polyunsaturated fat; 9 grams carbohydrates; 1 gram dietary fiber; 6 grams sugars; 40 grams protein; 124 milligrams cholesterol; 165 milligrams sodium

Note: Nutrient information is not available for all ingredients. Amount is based on available data.

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Preparation

1. Preheat broiler or grill. Combine yogurt, ginger, garlic, paprika, coriander, half the lime juice and salt and pepper to taste in a large bowl. If chicken breasts are whole, cut them in half. Dredge chicken in yogurt mixture and marinate 5 to 60 minutes, as time allows.
2. If you're broiling, line a baking sheet with aluminum foil for easier cleanup. Put chicken breasts on pan, underside facing up; reserve marinade that does not cling to breasts. Broil 3 to 4 minutes, or until lightly browned. Turn chicken, and spoon remaining marinade over. Broil on smooth side another 3 to 4 minutes, or until lightly browned. Garnish, add remaining lime juice over chicken and serve, spooning the cooked marinade over the meat and, if you're serving it, over rice.
3. If grilling, cut marinade by half. Cook 3 to 4 minutes a side, until chicken browns and is cooked through, at times brushing with marinade. Garnish, add lime, serve.