

INGREDIENT NOTES AND SUBSTITUTIONS

- **Chicken** – boneless skinless chicken thighs recommended for this tandoori chicken recipe. The dark meat makes this dish extra savory.
- **Ghee** – To cook your chicken as well as for serving. You could also use melted butter instead.
- **Greek Yogurt** – Plain Greek yogurt is the base for your tandoori marinade.
- **Chili Paste** – Like spicy Sambal Oelek chili paste! It's another key ingredient for your marinade.
- **Lemon Juice** – To add a touch of citrus to your tandoori marinade. You also need sliced lemons as a garnish.
- **Ginger Paste** – More savory flavor for your marinade!
- **Garlic** – use garlic in most savory dishes, and this tandoori chicken recipe is no exception.
- **Vegetable Oil** – To achieve the proper consistency in your marinade.
- **Red Food Coloring** – Tandoori chicken is famously bright red. Use food coloring to get the color right! Red food coloring/gel (chemical free preferred) typically can be found in the baking aisle of your market.
- **Kosher Salt** – To balance out the other flavors.
- **Cayenne Pepper** – For more added heat!
- **Garam Masala** – Most of the complex flavor of this dish comes from a garam masala spice mix. Buy it at the supermarket or make your own.
- **Fresh Cilantro** – For serving.

makes cuts in chicken
mix marinade ingredients

HOW TO MAKE TANDOORI CHICKEN IN THE OVEN

1. **Prep the Chicken.** Make cuts on the flesh of your chicken so that it soaks up the marinade more effectively.
2. **Marinate.** Whisk together the marinade ingredients in a bowl, then add the chicken. Toss to coat, making sure to get the marinade in the cuts for

maximum flavor. Cover the bowl with plastic wrap and refrigerate for at least 3 hours — overnight is better.

3. **Prep Your Oven.** Preheat your oven to 400 degrees F and place a grill rack over a baking sheet lined with foil. Coat the rack with cooking spray.
4. **Prep the Chicken (Again).** Using gloves or tongs, shake and discard any excess marinade from the chicken and then place it on the grill rack. Make sure to leave some space between each piece.
5. **Bake.** Bake the chicken for 30 minutes. After 15 minutes, brush the ghee or melted butter over each piece of chicken. Once the 30 minutes is up, turn the chicken over and brush with more ghee or butter. Bake for another 15 minutes, or until an inserted thermometer reads 165 degrees F.
6. **Garnish & Serve.** Serve your tandoori chicken with more melted butter or ghee on top, chopped cilantro, and a few lemon slices. Enjoy!

HOW TO MAKE TANDOORI CHICKEN ON THE GRILL

1. **Prep the Chicken & Marinate.** Follow Steps 1-2 as indicated above.
2. **Prep Your Grill.** Set your grill temperature to 400 degrees F, then clean and oil the grill grates.
3. **Grill.** Use gloves or tongs to shake and discard any excess marinade from the chicken. Grill for 3 minutes on one side, flip, and brush the ghee or melted butter over each piece of chicken. Grill for an additional 6 minutes. Flip the chicken over once more and brush a bit more ghee of butter on top. Grill for 1-2 more minutes — again, an inserted thermometer must read 165 degrees F. Garnish and serve as instructed above!