

Sizzling Tandoori Chicken with Basmati Rice RECIPE

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<?xml version="1.0"?>

TIME

30 min

INGREDIENTS

9 items

MAKES

4 servings

Make dinnertime sizzle with a delectable spin on this much-loved dish. Simply toss chicken with tandoori sauce, season roasted chickpeas with cumin and paprika and serve on a bed of BEN'S ORIGINAL™ BISTRO EXPRESS™ Basmati rice.

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INGREDIENTS

- 2 pouches (each 250 g) BEN'S ORIGINAL™ BISTRO EXPRESS™ Basmati Rice
- 1 can (540 mL) Chickpeas, drained and rinsed and patted dry
- 2 Tbsp (30 mL) Canola oil
- 1 tsp (5 mL) Ground cumin
- 2 tsp (5 mL) Ground paprika
- 1/2 tsp (2 mL) Salt
- 1/4 cup (60 mL) Prepared tandoori sauce
- 2 Tbsp (30 mL) chopped fresh cilantro
- 4 Boneless, skinless, chicken breasts

INSTRUCTION

1. 1

Preheat oven to 425°F (220°C). Toss chickpeas with oil, cumin, paprika and salt. Transfer to baking sheet lined with foil. Bake for 18 to 20 minutes or until golden brown and tender.

2. 2

Meanwhile, preheat grill to medium-high heat; grease grates well. Toss chicken with tandoori sauce. Grill for 3 to 5 minutes per side or until cooked through.

3. 3

Cook rice according to microwave directions. Toss with roasted chickpeas.

4. 4

Garnish with cilantro. Serve with grilled chicken.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 460
- Carbohydrates (g) 53 g
- Dietary Fiber (g) 4 g
- Protein (g) 35 g
- Sugars (g) 2 g
- Sodium (mg) 610 mg

CATEGORIES:

Chicken, more than 20, Ready to Heat Rice

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One Pan Cajun Chicken

Cooking time

20 min

Ingredients

5 items

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Jerk Chicken with Cilantro & Lime Flavour Rice & Black Beans

Cooking time

20 min

Ingredients

7 items

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Smoky Maple Beef Brochette

Cooking time

20 min

Ingredients

11 items

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