

Sizzling Tandoori Chicken with Basmati Rice
RECIPE

Sizzling Tandoori Chicken with Basmati Rice



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 ORIGINALTM BISTRO EXPRESSTM 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. 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. 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. Cook rice according to microwave directions. Toss with roasted chickpeas.
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
- Total Fat (g) 12 g

CATEGORIES :

[Chicken](#), [more than 20](#), [Ready to Heat Rice](#)

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[One Pan Cajun Chicken](#)

Cooking time

20 min

Ingredients

5 items



Jerk Chicken with Cilantro & Lime Flavour Rice & Black Beans

Cooking time

20 min

Ingredients

7 items



Smoky Maple Beef Brochette

Cooking time

20 min

Ingredients

11 items

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