

Tandoori Chicken

Ingredients

- 1-1/2 pounds chicken thighs, boneless and skinless
- 1 teaspoon salt
- 1 lemon, juiced
- 1-1/4 cups plain yogurt
- 1/2 onion, finely chopped
- 1 clove garlic, minced
- 1 teaspoon fresh ginger root, minced
- 1 tablespoon Tandoori Spice
- ¼ teaspoon cayenne pepper
- 1 lemon, cut into wedges

Directions

1. Toss the chicken with the lemon juice and salt. Cover and place in the refrigerator for 20 minutes.
2. In a bowl, combine the yogurt, garlic, ginger, Tandoori Spice, and the cayenne pepper. Mix until smooth.
3. Spread the yogurt mixture over the chicken. Place the chicken in a glass baking dish, cover tightly with plastic wrap and refrigerate for 2-3 hours.
4. Cover a baking sheet with foil. Place the chicken on the foil-covered sheet. Keep the chicken well coated with the yogurt mixture, but do not puddle it around the chicken pieces.
5. Place the chicken under the broiler for about 5 minutes or until a bit of char starts to form.
6. Place the baking sheet with the chicken in the middle of the oven and cook for an additional 20 to 25 minutes at 400°F, or until the chicken reaches an internal temperature greater than 160°F.
7. To serve, garnish with fresh cilantro and lemon wedges.