

TANDOORI CHICKEN

Serves 4 to 6.

By Dennis W. Viau; modified from an online recipe.

Tandoori chicken is a dish from India. Therefore, it is well spiced for a bold flavor. Although I use my air fryer to prepare this chicken, it could be cooked in a skillet or in a baking dish in the oven. If served with a low-carbohydrate vegetable, it would satisfy as a keto-friendly food.



Ingredients:

For the Marinade:

¼ cup (50g) yogurt

1 tablespoon minced ginger

1 tablespoon minced garlic

¼ cup (4g) cilantro or Italian parsley

1 teaspoon salt

½ to 1 teaspoon cayenne pepper

1 teaspoon turmeric

1 teaspoon garam masala (you can find recipes for this spice blend on the Internet)

1 teaspoon paprika

For the Chicken:

1 pound (450g) skinless, boneless chicken breast cut into strips

Olive oil, melted gee or butter

For Garnish:

Lemon wedges

Directions:

Combine all the marinade ingredients in a large bowl. Add the chicken strips. Stir and turn to coat all the pieces well. Cover and refrigerate 30 minutes.

Arrange chicken pieces in a single layer in the basket of the air fryer (or arrange in a baking pan). Drizzle lightly with oil, melted gee or butter. Place in the air fryer and cook at 350°F (175°C) for 10 minutes (or bake in a heated oven). Using tongs, turn the chicken pieces over and cook again, 5 to 10 minutes at the same temperature.

Test with a meat thermometer. The internal temperature of the chicken should be at least 165°F (74°C) for serving. Or cut the thickest piece in half and check that the meat is cooked all the way through (no pink juices).

Serve with a low-carbohydrate vegetable, such as grilled broccoli or Brussels sprouts, for a keto-friendly meal.