TEAM FOUR FOODSERVICE

Tandoori Style Chicken Skewers

Yield: 6 servings

Ingredients:

2 lbs. Chicken Thighs, Boneless, Skinless and cut into 2" strips
9 Tbsp Tandoori Seasoning
1 1/2 C Plain Nonfat Greek Yogurt
18 Bamboo Skewers
Canola Oil
Water
1/2 C Cucumber
1 clove Garlic, grated
1 C Plain Nonfat Greek Yogurt
1 oz Lemon Juice
1/8 tsp Fresh Cracked Black Pepper
1 /8 tsp Kosher Salt
2 Tbsp Parsley, Fresh

Directions:

1. Pre-heat a grill to medium-high heat.
2. Soak bamboo skewers in cold water to prevent them from on the grill.
3. Combine Greek yogurt and tandoori seasoning in a large mixing bowl; Mix until ingredients are well incorporated.
4. Add the chicken thighs to the mixture and mix until chicken thighs are coated throughly.
5. Cover the chicken thighs are reserve under refrigeration for 1 hour.
6. Proceed by skewering 3 oz. of chicken on each skewer.
7. Grill chicken skewers while periodically rotating until the chickens internal cooking temperature reaches 165 degrees F, and is slightly charred throughout (Approximately 4 minutes).
8. Combine cucumber, garlic, 1 cup yogurt, lemon juice, salt and pepper in a large mixing bowl, and mix with a rubber spatula until mixture is smooth and creamy.
9. Transfer in to a storage container, cover, and reserve refrigerated until needed.
10. For each portion; Top 3 tandoori chicken skewers with 1 tsp(s) of fresh chopped parsley; Serve alongside 1/4 cup of Greek yogurt tzatziki for dipping.

Recipe and photo courtesy of Danone