**Tandoori Chicken**

Serves 4-6

## **Recipe in collaboration with celebrity chef Richard Blais**

Marinades are a great way to use yogurt that most people don’t think of. With this Tandoori Chicken recipe, the char of the chicken and crisp fresh flavors from the pineapple and mint are sure to be a hit at your next backyard get together!

## **Choosing the Right Salt**

Use Morton® Coarse Kosher Salt to season the cucumbers and amplify the flavor. Finish the chicken thighs with Morton® Coarse Sea Salt for added texture.

**Ingredients**

1 large cucumber

1 cup Morton® Coarse Kosher Salt

1 tbsp tandoori spice

2 cups low fat Greek yogurt

2 pounds boneless skinless chicken thighs

1 tbsp vegetable oil

2 tsp Morton® Fine Sea Salt

1 cup chopped pineapple

1 bunch cilantro

1 bunch mint

2 limes, juiced

4-6 pieces Naan bread

1 tbsp butter

1 tsp Morton® Coarse Sea Salt

**Directions**

* Mix tandoori spice with Greek yogurt in a large mixing bowl.
* Place chickens into yogurt bowl and cover with tandoori yogurt. Marinate in refrigerator for at least one hour.
* Remove chicken from yogurt and discard yogurt.
* Slice cucumber into ½ inch rings and lay flat in a baking tray. Cover all sides liberally with Morton® Coarse Kosher Salt and set aside at least 30 minutes.
* Chop mint and cilantro and place in a bowl with lime juice and pineapple.
* Remove cucumber from salt and rinse. Chop cucumber into pieces and fold into pineapple mixture. Set aside.
* When grilling the chicken outside, take 1 tablespoon of cooking oil and drizzle it on a towel. Rub the bars of the grill with the oiled towel to make it nonstick.
* Heat the grill to medium high heat.
* Using tongs, place chicken on grill and cook 4-5 minutes on both sides, or until the chicken reaches an internal temperature of 165°F as read on a kitchen thermometer.
* Remove the chicken from the grill and set aside to rest, until cool enough to handle. Season with Morton® Coarse Sea Salt.
* Slice chicken into thick strips, serve over naan bread with a spoon full of pineapple cucumber salsa.

**Alternative Grilling Directions:**

* An alternative to grilling outdoors, heat frying pan or grill pan on indoor stove over high heat.
* Butter naan bread and toast lightly in pan on both sides, about 3 minutes total. Remove from pan and set aside. Wipe pan of any excess butter with a paper towel and return to heat.
* Drizzle vegetable oil in pan and add chicken thighs. Cook evenly for 5-6 minutes on both sides or until the chicken reaches an internal temperature of 165°F.
* Remove chicken from pan and set aside to rest for at least 1 minute. Season with Morton® Coarse Sea Salt.
* Slice chicken into thick strips and serve over naan bread with a spoon full of pineapple cucumber salsa.

**Reduce Food Waste Tip:**

Make the most of your leftovers! Shred cold tandoori chicken and mix with 1 cup of mayonnaise, some grapes, celery and Morton® Fine Sea Salt to make a delicious next day chicken salad. Leftover yogurt marinade can also work as a great dip, so be sure to add just enough when marinating the chicken!