INDIAN · DINNER

Oven Tandoori Chicken

230 min · Serves 4 · 345 kcal a serve · Video 12:31 · Chef Ranveer Brar

Gluten-free ingredients · Nut-free

Skinless chicken marinated in hung curd and spices and baked, not fried: a serve gives about 40 g of protein and is rich in selenium, vitamin B6 and B12, with only about a tablespoon of oil for the whole bird.

Diet notes: Low carb (3.4 g net carbs) but not keto: 45% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 16 · SERVES 4

- [ ] 1 whole **skinless chicken** (about 1.2 kg), cut in half: breast meat
- [ ] **Chicken thigh**: leg and thigh meat of the same chicken
- [ ] 1 tbsp **ginger-garlic paste** (about 60% ginger, 30% garlic, 10% green chilli)
- [ ] **salt** to taste, in both marinades
- [ ] 1 tsp **lime juice** (½ tsp in each marinade)
- [ ] 1 tbsp **mustard oil**
- [ ] 2 tbsp **degi red chilli powder**
- [ ] ½ tsp **shahi jeera** (caraway), crushed
- [ ] ½ tsp **coriander powder**
- [ ] ¼ tsp **cardamom powder**
- [ ] a pinch of **cinnamon powder**
- [ ] ½ tsp **black pepper powder**
- [ ] 120 g **hung curd** (thick strained yoghurt)
- [ ] 10 g **soft cheese**, mashed (optional)
- [ ] ½ tbsp **roasted gram flour** (besan)
- [ ] a little **oil** to grease the tray (about 1 tsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the skinless chicken in half. Make light 6 mm slits in the breast and deeper slits in the legs. Rub with salt, the ginger-garlic paste and ½ tsp lime juice and leave 1 hour in the fridge (or up to 12 hours). 1:11
2. In a bowl mix the mustard oil, degi chilli powder, crushed shahi jeera, cardamom, cinnamon, black pepper and coriander powder. 5:09
3. Beat in the hung curd and the mashed soft cheese, then ½ tsp lime juice, salt and the roasted gram flour, which helps the marinade cling. 6:54
4. Coat the chicken halves thoroughly in the second marinade, lay them on a greased tray and leave for at least 2 hours. 9:00
5. Bake at 170°C for about 35 minutes, then check that the chicken is cooked through. 10:41
6. Serve with green chutney and raita. 11:20

> **Tip** Time includes 3 hours of marinating; the first marinade can go overnight in the fridge. Halving the bird helps it cook evenly. Chicken size is our estimate, as the cook gives no weight.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
345 kcal	40 g	5 g	1.6 g	18 g	520 mg
1,440 kJ	81% of a day	3.4 g net · 1.7 g sugars	6% of a day	4.8 g saturated	23% of a day
		2% of a day		23% of a day	

Energy from net carbs 4% · protein 48% · fat 48% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 67% · Vitamin B6 41% · Vitamin B12 36% · Omega-3 32% · Zinc 26%

Source of (10–19%) Iron 15% · Vitamin E 15% · Vitamin A 14% · Magnesium 12% · Potassium 11%

Recipe and video: Chef Ranveer Brar (@RanveerBrar) on YouTube — youtube.com/watch?v=0IFHJe3RK0c, published 31 December 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/oven-tandoori-chicken