



Recipes

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Grilled Tandoori Chicken with Cucumber Slaw

Serves 1

Ingredients:

- 1 Mission® 8" Heat Pressed Flour Tortilla (10410)
- 3 oz. Tandoori Chicken Strips (see Related Recipe)
- 1/4 cup Cucumber Slaw (see Related Recipe)
- 2 Tbsp. Mint Yogurt Sauce (see Related Recipe)

Directions:

1. Heat tortilla until warm and pliable. Top with chicken, slaw and yogurt sauce. Serve.

Tandoori Chicken

Serves 1

Ingredients:

- 4 oz. Boneless, skinless Chicken Breasts
- 1/4 oz. (1/3 cup) Lemon Juice
- 1/8 oz. (2 Tbs.) Minced Garlic
- 1/8 oz. (2 Tbs.) Minced Ginger
- 1/8 tsp. Ground Cardamon
- 1/8 tsp. Red Pepper Flakes
- 1/6 tsp. Tandoori Powder

Directions:

1. Cut diagonal slashes into the chicken breasts with a knife. Place in a large mixing bowl and add the lemon juice. Cover and marinate for ½ hour. Place the next five ingredients in a blender or processor and blend into a smooth sauce. Pour over the chicken and toss to coat. Cover and refrigerate up to overnight.
2. Place chicken on grill over medium heat. Grill until juices run clear when pierced, about 5 minutes per side. Allow to cool and slice.



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Cucumber Slaw

Serves 1

Ingredients:

4/5 oz. (1 3/4 cups) Shredded Hothouse Cucumber

1/6 oz. (1/3 cup) Sliced Tomato , seeded

1/6 tsp. Jalapeno Pepper , seeded and minced

Black Pepper to taste

Splash of Rice Wine Vinegar

Directions:

1. Peel and seed the cucumber. Shred the cucumber in a bowl, drain off excess moisture. Add tomato, jalapeno and rice wine vinegar. Keep refrigerated.

Mint Yogurt Sauce

Serves 1

Ingredients:

2/3 oz. (1 cup) Plain Yogurt

1/3 oz. (1/2 cup) Sour Cream

1/8 tsp. Cumin

1/4 tsp. Minced Mint

1/8 tsp. Kosher Salt

Directions:

1. Combine all ingredients. Keep refrigerated.

