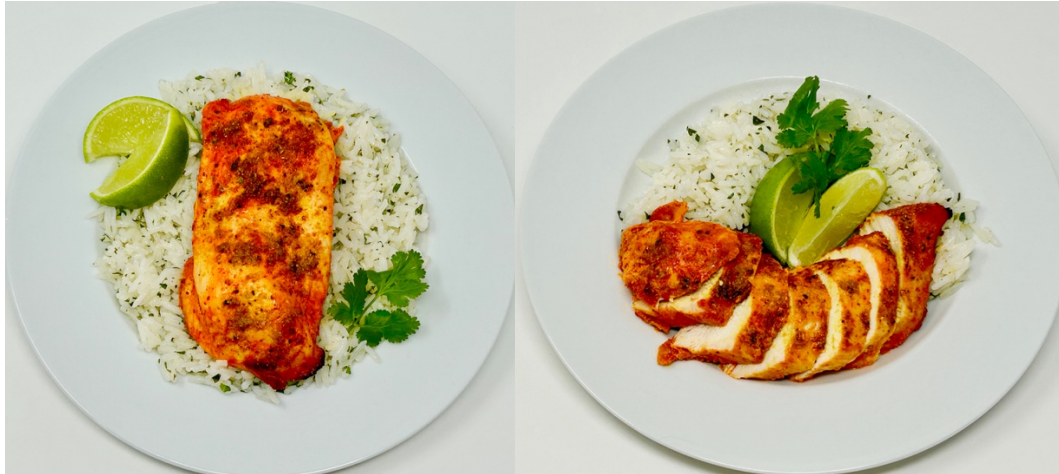




## Indian Spiced Chicken with Coconut Rice

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

- 4 chicken medium boneless chicken breasts (skinless or skin on)
- 1 cup plain whole milk Greek yogurt
- ¼ cup O&V [Roasted Garlic Oil](#) (divided) \*
- 3 tablespoons Masala Matters **Butter Chicken Spice mix** \*
- 1 tablespoon Kashmiri Red Chili Powder \*
- 1 ¾ teaspoons kosher salt (divided)
  
- 1 cup basmati rice, rinsed and drained
- 1 can (14 oz) unsweetened coconut milk, shaken well (divided)
- 2 limes (one juiced, the other for serving)
- ¼ cup minced cilantro leaves
- ¼ cup unsweetened shredded coconut, toasted.

### Preparation

In a large bowl, whisk the yogurt with 2 tablespoons of oil, 2 tablespoons Butter Chicken spice mix, 1 tablespoon Kashmiri chili powder, and 1 teaspoon of kosher salt. Add ½ cup water and combine. Add chicken, turn to coat well with marinade. Cover with plastic wrap and marinate in refrigerator for a minimum of 3 hours, preferably overnight.

Preheat the oven to 450F. Prepare a rimmed baking sheet by lining with foil and lightly greasing.

Remove chicken from marinade (shaking off excess marinade), and place on prepared baking sheet. Sprinkle with the remaining 1 tablespoon of spice blend and drizzle with remaining 2 tablespoons of oil

Bake until golden brown and slightly charred (about 15-18 minutes), and, until a meat thermometer registers 165F.

Meanwhile, in a medium saucepan with a lid, combine 1 cup of coconut milk, 1 cup of water with the 1 cup of rice and  $\frac{3}{4}$  teaspoon of salt. Bring to a boil over medium-high heat, cover and reduce the heat the medium low. Cook for 12 minutes. Remove from heat and keep covered for an additional 10-12 minutes.

Remove the cover on the rice, and add in another  $\frac{1}{3}$  - $\frac{2}{3}$  cup of coconut milk, 2 tablespoons of lime juice (from one lime) and 2 tablespoons of minced cilantro. Fluff with a fork.

Serve the rice on a plate sprinkled with toasted coconut, minced cilantro and topped with chicken. Serve with some lime wedges

Serves 4

Active time: 55 minutes Total Time: 55 minutes plus marinating time– up to 12 hours

### Notes

\* The [Roasted Garlic oil](#) adds nice flavor to this chicken and the **Butter Chicken Spice mix** is absolutely fantastic. The Kashmiri Red Chili Powder can be purchased at an Indian grocery store or online spice store and it provides a deep rich red color without heat.

You can use an unflavored oil, but you will lose the garlicky undertones. There is no real substitute for the spice mix, but email me if you would like a home-made spice mix recipe instead or for a different flavor but also delicious, use Shan Tandoori Masala Spice Mix that can be purchased at any Indian grocery store. If using this mix, you will not need the Kashmiri red chili powder as it is part of the mix.

All highlighted products are available at [Oil & Vinegar stores](#).

Categories: Entrée, Easy Entertaining, Poultry, Butter Chicken, Indian Spiced Chicken, Coconut Rice, Garlic EVOO, Weeknight Dinner, Meal Prep, Gluten Free