

food
network



HEALTH SCORE

54%

Chicken Tikka Kebabs with Charred Tomato Chutney and Warm Flat Bread

READY IN



25 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds rotisserie chicken breast meat boneless skinless cut into 1 1/2-inch cubes
- ☐ 3 tablespoons a handful cilantro leaves finely chopped
- ☐ 4 servings coarse salt
- ☐ 1 teaspoon coriander seed
- ☐ 1 teaspoon cumin seeds
- ☐ 1 tablespoon mild curry paste
- ☐ 1 Package d flat breads
- ☐ 1 juice of lemon juiced

- ☐ 1 teaspoon mustard seed
- ☐ 1 cup yogurt plain
- ☐ 3 plum tomatoes
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 small onion sweet chopped
- ☐ 0.5 cup tomato purée
- ☐ 2 tablespoons vegetable oil 2 turns around the pan
- ☐ 2 pounds white-skinned potatoes diced peeled

Equipment

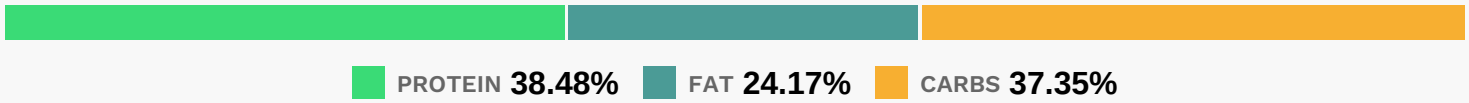
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ stove
- ☐ skewers
- ☐ grill pan
- ☐ metal skewers

Directions

- ☐ Preheat grill pan or indoor electric grill to high.
- ☐ Combine yogurt, curry paste, lemon juice, and cilantro in a shallow dish.
- ☐ Add chunks of chicken and coat evenly in yogurt sauce. Lace meat onto metal skewers. When you are about 10 minutes away from eating, place chicken on hot grill and cook 5 or 6 minutes on each side, until charred at edges and chicken meat is firm.
- ☐ Place a small heavy skillet on stovetop over high heat. When pan is very hot, add whole tomatoes. Pan roast the tomatoes until charred on all sides.
- ☐ Place the tomato sauce and charred fresh tomatoes in a food processor. Return skillet to heat and toast mustard and coriander seeds and crushed red pepper until they pop.

- ☐ Add seeds and flakes to food processor with a few pinches coarse salt. Pulse grind tomato mixture into a chunky chutney and transfer to a small bowl. When you remove chicken from grill, add flat bread to blister and warm it through. Slide chicken off skewers on to a serving dish. Set bowl of tomato chutney with a serving spoon along side. Pile chicken into or onto flat bread with tomato chutney to top. Potatoes with cumin are a perfect side to this meal.
- ☐ Serving suggestion: Potatoes with Cumin, recipe follows.
- ☐ Boil potatoes in salted water to cover until tender, about for 7 minutes.
- ☐ Drain potatoes, return to hot pot to dry them out.
- ☐ Heat skillet over medium high to high heat.
- ☐ Add cumin seeds. When seeds pop and crackle, add oil, then onion.
- ☐ Saute onion 2 minutes, stirring constantly.
- ☐ Add potatoes to the pan and toss to coat and lightly brown, about 3 minutes.
- ☐ Remove the pan from heat, season with salt, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:68.69, Glycemic Load:30.16, Inflammation Score:-9, Nutrition Score:38.782608773397%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 15.41mg, Quercetin: 15.41mg, Quercetin: 15.41mg, Quercetin: 15.41mg

Nutrients (% of daily need)

Calories: 592.55kcal (29.63%), Fat: 15.9g (24.46%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 55.31g (18.44%), Net Carbohydrates: 47.78g (17.37%), Sugar: 12.12g (13.47%), Cholesterol: 153.11mg (51.04%), Sodium: 523.6mg (22.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.96g (113.92%), Vitamin B3: 27.07mg (135.36%), Vitamin B6: 2.59mg (129.39%), Selenium: 77.03µg (110.04%), Vitamin C: 65.02mg (78.81%), Phosphorus: 722.82mg (72.28%), Potassium: 2276.66mg (65.05%), Vitamin B5: 4.43mg (44.29%), Magnesium: 145.8mg (36.45%),

Manganese: 0.61mg (30.37%), Fiber: 7.53g (30.12%), Vitamin B1: 0.42mg (27.82%), Vitamin A: 1380.44IU (27.61%), Vitamin B2: 0.45mg (26.3%), Copper: 0.5mg (24.92%), Iron: 4.2mg (23.35%), Vitamin K: 23.69µg (22.56%), Folate: 82.34µg (20.58%), Zinc: 2.75mg (18.34%), Calcium: 157.02mg (15.7%), Vitamin E: 2.13mg (14.19%), Vitamin B12: 0.68µg (11.34%), Vitamin D: 0.29µg (1.92%)