



## Grilled Tandoori-Spiced Chicken over Green Papaya Salad

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



726 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 tablespoons asian fish sauce (preferably nuoc mam)
- 2 carrots shredded finely
- 0.5 teaspoon cayenne
- 1 pinch cayenne
- 1 meat from a rotisserie chicken whole skinless cut into 4 sections,
- 1 tablespoon cilantro leaves chopped
- 0.7 cup cilantro leaves dry washed well

- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 1 tablespoon garlic minced
- 1 teaspoon garlic minced
- 2 large garlic cloves
- 5 cardamom pods green
- 4 cups papaya shredded green peeled seeded
- 1 tablespoon ground ginger
- 2 juice of lemon juiced
- 1 tablespoon juice of lemon
- 1 lemon zest
- 0.3 cup juice of lime fresh
- 2 teaspoons paprika
- 0.5 cup yogurt plain
- 4 tablespoons roasted peanuts crushed
- 4 servings salt and pepper black freshly ground
- 1 tablespoon sugar
- 1 teaspoon turmeric
- 0.3 cup vegetable shortening

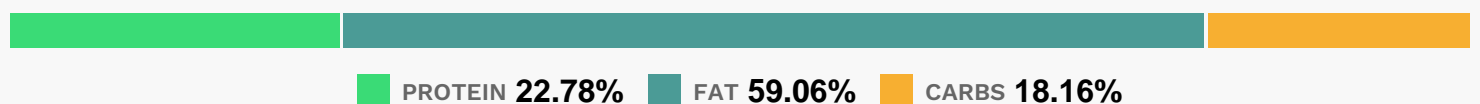
## Equipment

- bowl
- frying pan
- knife
- whisk
- sieve
- grill
- ziploc bags

## Directions

- With a sharp paring knife, make 2 to 3 (1/2-inch deep) diagonal cuts in each piece of chicken, being careful not to cut all the way through.
- In a small saute pan set over moderate heat, combine the ginger, cumin, coriander, paprika, turmeric, cardamom pods, and cayenne. Cook, gently shaking the pan, until you can smell the spices, approximately 1 minute.
- Transfer the spices to a spice/coffee grinder and grind the spices finely.
- Transfer the chicken pieces to a large resealable plastic bag and add the spice mixture, garlic, and lemon juice and toss to coat thoroughly, making sure the rub penetrates the cuts. Marinate the chicken in the refrigerator, for at least 5 hours or overnight.
- Preheat grill.
- Remove chicken pieces from the plastic bag and pat them dry. Season with salt and pepper, to taste. Rub the chicken pieces thoroughly with half the shortening.
- Grill chicken on an oiled rack 5 to 6 inches over glowing coals or on a gas grill for 7 to 10 minutes per side. While grilling, brush on the remaining shortening. When the chicken pieces are cooked through, transfer to a platter.
- Let chicken stand while preparing salad.
- In a sieve, drain the yogurt for 15 minutes. In a bowl, combine yogurt, lemon zest, lemon juice, garlic, cilantro, cayenne, salt, and pepper, to taste.
- In a large bowl, whisk together the pressed garlic, lime juice, fish sauce, and sugar, and blend until the sugar is dissolved.
- Add chile, papaya, carrot, and cilantro to the dressing, tossing well. Salad may be made 2 hours ahead and chilled, covered. Bring salad to room temperature before serving.
- Serve salad sprinkled with peanuts.

## Nutrition Facts



## Properties

Glycemic Index:118.67, Glycemic Load:11.36, Inflammation Score:-10, Nutrition Score:35.482608764068%

## Flavonoids

Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg Hesperetin: 4.52mg, Hesperetin: 4.52mg, Hesperetin: 4.52mg, Hesperetin: 4.52mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

## **Nutrients (% of daily need)**

Calories: 726.15kcal (36.31%), Fat: 48.59g (74.75%), Saturated Fat: 13.06g (81.6%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 27.34g (9.94%), Sugar: 18.45g (20.5%), Cholesterol: 146.81mg (48.94%), Sodium: 1288.68mg (56.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.17g (84.34%), Vitamin A: 7537.16IU (150.74%), Vitamin C: 108.67mg (131.72%), Manganese: 1.71mg (85.43%), Vitamin B3: 16.02mg (80.12%), Vitamin B6: 0.98mg (48.98%), Selenium: 32.61µg (46.59%), Phosphorus: 402.23mg (40.22%), Magnesium: 135.21mg (33.8%), Potassium: 1055.15mg (30.15%), Vitamin K: 27.46µg (26.15%), Vitamin B5: 2.57mg (25.73%), Fiber: 6.28g (25.12%), Folate: 99.66µg (24.92%), Zinc: 3.53mg (23.55%), Iron: 4.14mg (23%), Vitamin B2: 0.39mg (22.73%), Vitamin E: 2.55mg (17.01%), Vitamin B1: 0.25mg (16.47%), Copper: 0.31mg (15.5%), Calcium: 150.79mg (15.08%), Vitamin B12: 0.77µg (12.81%), Vitamin D: 0.41µg (2.74%)