



All of my favorite seasonings go into this dish. Spices that are known for their anti-inflammatory properties like ginger, cumin and turmeric. I love this dish for its flavor and its health benefits.

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## Tandoori Chicken

### **TANDOORI SEASONING**

1 teaspoon ground ginger  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon paprika

1 teaspoon turmeric  
1 teaspoon sea salt  
1 teaspoon cayenne pepper  
1 teaspoon garam masala

### **TANDOORI CHICKEN**

1/2 cup plain yogurt or full fat coconut milk  
1/2 lemon, juiced

Sea salt  
2 chicken breasts

Butterfly and season the chicken breasts with sea salt and ground pepper. Mix tandoori seasoning with yogurt and lemon juice. Coat chicken breasts with the yogurt mixture and marinate for at least 2 hours or up to overnight.

Preheat oven to 425°F. Place chicken, with marinade wiped off, onto a parchment lined baking sheet. Sprinkle sea salt and paprika over chicken and bake for 15 minutes on each side until cooked through. Cut into thin strips and serve.

