

Chicken Tikka Tacos with Garden Peas, Herbs & Garlicky Yogurt Sauce

by HUCKLE AND GOOSE ([HTTP://WWW.HUCKLEGOOSE.COM](http://www.hucklegoose.com))



SERVES 4

5.0 stars, 14 ratings *You rated this 0.0 stars*

Indian flavors on the grill (or grill pan) stuffed into tortillas bursting with green vegetables and herbs—a spring weeknight favorite for sure. Don't let the ingredient list deter you, half of it is spices. *A kitchen favorite: this dish*

(<http://www.crateandbarrel.com/everyday-small-baking-dish/s681604>) gets so much use. It's just the right size for marinating meat and baking smaller portions of things like gratins, cobblers, or crisps.

1½ CUPS	Plain Yogurt, or Buttermilk for the marinade if you have that instead
—	Sea Salt
—	Black Pepper, freshly ground
1½ TSP	Curry Powder
1½ TSP	Paprika
½ TSP	Ground Cumin
½ TSP	Turmeric
½ TSP	Garam Masala
4 CLOVES	Garlic, minced, divided
1 LB	Boneless Chicken Breast
1 TBSP	Grapeseed Oil
1 TSP	White Wine Vinegar
1 TSP	Extra Virgin Olive Oil
2 CUPS	Fresh Peas, or frozen
2 TBSP	Unsalted Butter
8	Flour Tortillas, charred over an open flame
¼ CUP	Fresh Cilantro
¼ CUP	Fresh Mint

1 MARINATE CHICKEN:

Whisk all the marinade ingredients together—¾ cup yogurt thinned with a couple splashes of water or 1 cup buttermilk, 1½ teaspoon salt, 1 teaspoon pepper, spices, and 2 cloves minced garlic—in a non-reactive shallow dish. Submerge chicken in the liquid and let it sit on the counter for 45 minutes or chill up to overnight but then bring to room temperature. *You could grill the breasts whole and slice against the grain after cooking OR cut the uncooked chicken into cubes for kebabs or thin slices so there is more char and flavor on all sides.*

2 GRILL CHICKEN:

Heat up your grill (or grill pan or even a sauté pan if you want less dishes) to medium-high and oil the grates. If grilling chicken breasts whole, grill on each side for 4-5 minutes until cooked through. Temperature of the meat should be between 155°-160°F and it will continue rising after being removed from heat.

3 WHISK TOGETHER YOGURT SAUCE:

In a small bowl, combine ¾ cup yogurt with 2 cloves of minced garlic, vinegar, olive oil, and a good pinch of salt. Set aside if using right away or refrigerate.

4 SAUTÉ VEGETABLES:

Heat butter in a large sauté pan over medium heat. When hot, add in peas and if you have scapes or ramps on hand, these are amazing here! Stir from time to time for 5-6 minutes with a few good pinches of salt and pepper until peas are tender but not mushy and scapes/ramps (if using, cut down on a clove or two of garlic in the marinade and sauce) mellow out.

5 ASSEMBLE TACOS OR SERVE FAMILY STYLE:

Grab a tortilla, fill with chicken pieces, a couple spoonfuls of peas, a generous drizzle of sauce, and a few pinches of herbs (torn, not chopped for best flavor). You could skip the tortillas for a gluten-free dinner!

35 MIN
15 min PREP
20 min COOK

SEASONS
Spring
Summer

DIETS
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