



VINDALOO CHICKEN THIGH TACOS

VINDALOO RUB:

- 3 tbsp Cinnamon
- 1 tbsp Star Anise
- 1 tbsp Ancho chilli
- 1/2 tbsp Green Cardamom
- 1 tbsp Paprika
- 1 tbsp Chilli powder
- 1 tsp Ginger powder
- 1 tbsp Garlic Powder
- 1/2 tbsp Cumin
- 1 tbsp Turmeric
- 1/2 tbsp Coriander
- 3/4 tbsp Garam Marsala
- 2 tbsp Brown Sugar
- Salt & Pepper to taste

Combine all spices including salt, pepper and sugar in a small bowl and stir till fully incorporated.

Set aside 2 tbsp for your mango chutney. With the remaining vindaloo rub coat, 3-5 chicken thighs liberally till the thighs are completely coated. Put a splash of grapeseed oil on each thigh and let set up in the fridge for 30-45 minutes.

MANGO CHUTNEY:

- 1lbs frozen mangos
- 2 tbsp Vindaloo rub (See recipe above)
- 2 fresh limes (juice only)
- 1 tbsp brown sugar
- 1 tbsp Rice Vinegar
- 1/4 cup of diced fresh ginger
- 1/2 yellow onion
- 1 tbsp olive oil
- 1-1/2 cups water (add later in the recipe)

Dice ginger and onion and set aside. Put a frying pan on the stove and turn it on medium-high. Add olive oil into the pan along with ginger and garlic and sweat for about 1-2 minutes. Once onions are transparent add the rest of the ingredients into the pan, turn the heat down to medium-low and put a lid on it. After 15 minutes stir and add 1/2 cup of water and put the lid back on. Check every 15 minutes, stirring and adding small amounts of water if chutney starts to stick.

Repeat these steps for up to 1 hour or until you get the consistency you desire. Thick chutney like consistency.

CARDAMOM MINT YOGURT

- 2 cups Plain Greek yogurt (Full Fat 4-5%)
- 1 fresh lime (juice)
- 1 tbsp green cardamom
- 1 clove fresh garlic
- 1/2 bunch fresh mint (fine dice)
- 1/2 tbsp honey or agave syrup
- 1 tbsp olive oil

Mince garlic and set aside. Finely chop the fresh mint and set it aside. Pour yogurt into a bowl and add juice from 2 fresh limes. Then add cardamom, garlic, olive oil and honey or agave. Add your mint in and stir until fully incorporated. Put in fridge and cool for 30 minutes

FRESH VEGETABLES FOR TACO'S

- 1 Red onion
- 1 Fresh Pineapple
- 1/2 bunch of Cilantro
- 1 Fresh jalapeño
- 2 Cups Bean sprouts

Sprinkle a pinch of salt over the bean sprouts and wrap in a paper towel to remove some of the moisture and set aside. Peel fresh pineapple and dice into small cubes. Pick cilantro leaves off the stems and set them aside. Thinly slice fresh jalapenos leaving membranes and seeds. This will leave you with small circles of fresh jalapeno. Thinly slice red onion after it has been peeled and halved. Set all veg on a plate and chill in fridge till ready to serve approx. 15 minutes.

COOKING THE CHICKEN

Pre-heat your oven to 400F. Put a cast-iron pan on the stove and turn it on high and let it heat up till almost smoke point. Pour in approx. 2 tbsp of high heat sear oil (Grapeseed, Canola) and coat the entire pan. Lay in your coated chicken thighs and sear on each side till golden brown. Put in the oven on cook for 8-10 minutes. Take out and flip chicken and cook for another 2-4 minutes. Pull out of the oven.

TACO ASSEMBLY

Warm 4-5 flour tortillas in the oven at 400f for approx. 30-45 seconds. Put flour tortilla on plate and spread mango chutney down the center of the taco. Then spread the cardamom mint yogurt down the center over top of the mango chutney. Dice your chicken width-wise into strips and put in the center of the taco. Then add the veggies in the following order: red onion, Pineapple, jalapenos, cilantro and bean sprouts. Finish the taco with a few squirts of sriracha and Celebrate the GoodTimes!