

# Food Babe's Tandoori Chicken Wings

Prep Time:	Cook Time:	Total Time:	Serves:
1 hr	30 mins	1 hr, 30 mins	4



<https://foodbabe.com/tandoori-chicken-wings>

## Ingredients:

- 1 pound chicken wings
- 1 cup plain yogurt
- 1 whole lemon, juiced
- 1 teaspoon sea salt
- ½ teaspoon fresh ground pepper
- ½ teaspoon cumin powder
- ½ teaspoon paprika
- ½ teaspoon coriander powder
- ¼ teaspoon ground cardamon seed
- ¼ teaspoon ginger powder
- ¼ teaspoon cayenne pepper
- ¼ teaspoon fresh turmeric root
- 1 handful fresh cilantro, chopped

## Instructions:

1. Combine all ingredients (except cilantro) in a bowl and marinate wings for at least 1 hour or longer.
2. Cook the wings on a preheated grill, turning occasionally, for about 25 to 30 minutes or until done.
3. Alternatively, you can bake the wings in a 400° F oven for about 45 mins on a wire rack.
4. Serve immediately with a sprinkling of chopped cilantro.

## Notes:

- Please use organic ingredients if possible