



# Tandoori Chicken Thighs

## INGREDIENTS

- |   |                      |                      |
|---|----------------------|----------------------|
| 1 lbs Boneless Skinless Chicken Thighs            | 2 tbsp Avocado Oil   | 1 tsp Garlic         |
| 1 scoop Ketologie Roast Chicken Bone Broth Powder | 1 tbsp Garam Masala  | 1 tsp Onion Powder   |
|   | 2 tsp Salt           | 1 tsp Cayenne Pepper |
|   | 2 tsp Smoked Paprika |                      |

## INSTRUCTIONS

Combine oil along with spices and massage into the chicken thighs. Marinate for at least 1 hr (preferably overnight)

Preheat oven to 425 degrees F. Place chicken thighs on a sheet pan and cook for 25-30 minutes until chicken is fully cooked

# Korma Noodles

## INGREDIENTS

- |   |                          |                        |
|---|--------------------------|------------------------|
| 2 packs Angel Hair Miracle Noodles                | ¼ cup Sliced Scallions   | 1 tsp Curry Powder     |
| 1 tbsp Ghee                                       | ½ Sliced Red Bell Pepper | 1 tsp Fenugreek Leaves |
| 1 scoop Ketologie Roast Chicken Bone Broth Powder | ¼ cup Diced Tomatoes     | ¼ tsp Salt             |
|   | ¼ cup Heavy Cream        |                        |

## INSTRUCTIONS

Wash and rinse miracle noodles, then let drain and pat dry.

Add ghee to pan and sauté scallions, tomatoes, bell peppers just until peppers begin to soften

Add miracle noodles to the pan and cook for a few minutes before adding cream, Ketologie chicken bone broth powder and seasoning. Continue cooking until sauce thickens. Slice tandoori chicken thighs and serve alongside or on top of the korma noodles

Nutrition Facts	
Tandoori Chicken w/ Korma Noodles	
Amount Per Serving	
Calories 612	Calories from Fat 378
% Daily Value*	
<b>Fat 42g</b>	<b>65%</b>
<b>Saturated Fat 15g</b>	<b>94%</b>
<b>Cholesterol 275mg</b>	<b>92%</b>
<b>Sodium 2545mg</b>	<b>111%</b>
<b>Potassium 709mg</b>	<b>20%</b>
<b>Carbohydrates 6g</b>	<b>2%</b>
<b>Fiber 3g</b>	<b>13%</b>
<b>Sugar 1g</b>	<b>1%</b>
<b>Protein 46g</b>	<b>92%</b>
<b>Vitamin A 1256IU</b>	<b>25%</b>
<b>Vitamin C 21mg</b>	<b>25%</b>
<b>Calcium 48mg</b>	<b>5%</b>
<b>Iron 3mg</b>	<b>17%</b>

\* Percent Daily Values are based on a 2000 calorie diet.

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