

# RECIPES FROM three eighty ate

## TANDOORI MARINADE FROM MONSOON KITCHENS

2 tbsp	Ginger Paste
2 tbsp	Garlic Paste
3 tbsp	Paprika
1 tbsp	Yellow Mustard Powder
1 tbsp	Tomato Paste
1 tbsp	Canola Oil
1 tbsp	Garam Masala
2 tsp	Cayenne Pepper
1 tsp	Ground Turmeric
1 tbsp	Ground Coriander
1 tbsp	Lemon Juice
1 tsp	Ground Cumin
2 tbsp	Salt
1 tsp	Dried Fenugreek Leaves Powder
1 tbsp	Whole Milk Yogurt

Place all ingredients in a bowl and whisk well.

\*Use a ratio of 1 part marinade to 3 servings of protein. Mix and allow to marinate with protein at least 4 hours or overnight.