



Tandoor Chef is Quick, Easy and Healthy!



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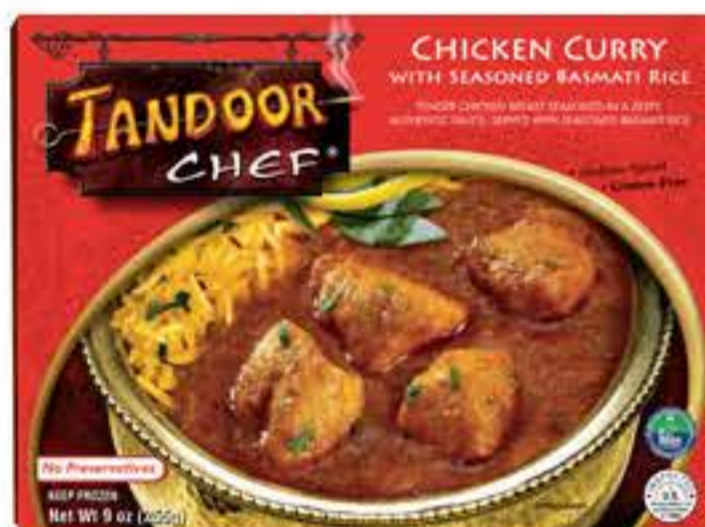
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I worked with Tandoor Chef last weekend for a cooking segment and had the opportunity to try a couple of the brand's frozen meals. The family-owned company specialized in restaurant quality Indian cuisine in the form of frozen dinners that can be enjoyed at home.

One thing that really stands out to me is that Tandoor's products are gluten free and vegetarian. A few products are also vegan and are all sold at a great price point – around \$4 to \$5 each.

I tried two meals and am going to give you the low down on each!

Chicken Curry with seasoned Basmati rice



First off, I was pleasantly surprised with the flavor and heartiness of this dish. The curry is delicious and the chicken is real, substantial meat. I'm usually not a fan of frozen dinners after having many negative experiences, but this was a delicious treat.

The rice is also fantastic. I mixed it in with the curry sauce and it gave it added flavor. After the meal, I was satisfied and felt full but not overly stuffed.

Palak Paneer



Mmm, mmm good is definitely the first thought that comes to mind after trying this dish. Surrounded by yummy spinach in a flavorful sauce, these cubes of are hearty without the added calories. This meal is packed with 10 grams of protein and will definitely give you an added energy boost thanks to the green spinach.

Overall, I'm a big fan of Tandoor Chef. There are plenty of days when I am in a rush and don't have time to create a full meal. This brand is a great option for a quick meal without the added guilt that comes along with "fast food."

Give these meals a try and let me know what you think in the comments below!

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