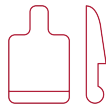




# Baked Chicken with Yoghurt and Spices



DIFFICULTY: EASY



PREPARATION TIME: 25  
MINUTES



COOKING TIME: 50 MINUTES



SERVES: 4

## Ingredients

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- 2 tbsp sunflower oil
- 1 cinnamon stick
- 3 bay leaves
- 4 green cardamom pods
- 1 tsp cumin seeds
- 4 garlic cloves, finely chopped
- 1 inch ginger, finely chopped
- 2 red onions, thinly sliced
- 1 tsp salt
- 1 tsp turmeric powder
- ½ tsp chilli powder
- 1 tbsp garam masala
- 200 g natural yogurt
- 8 chicken thighs (skinless)

## Method

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In a pan heat the oil and add the cinnamon stick, bay leaves and cardamom pods. Let them sizzle for a few seconds then add the cumin seeds and then the garlic and ginger. Cook on low heat for a minute then add the onions. Cook these for 15 minutes until golden and then add the spices. Cook for a minute and take it off the heat.

To this add the yoghurt and mix well. Place the chicken thighs on a baking tray and pour this yoghurt mix on top. Make sure that all the chicken is properly coated in the mix. Cover with foil and bake on CircoTherm® 180°C for 20 min.

Remove the foil then return the tray to the oven at CircoTherm® 190°C for 30 min or until the chicken is golden and cooked.

Serve it hot with flatbreads, naan bread or some rice.

## Notes

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