



Baked Chicken with Yoghurt and Spices



DIFFICULTY: EASY



PREPARATION TIME: 25
MINUTES



COOKING TIME: 50 MINUTES



SERVES: 4

Ingredients

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

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 yogurt 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
