

Yogurt Marinated Grilled Chicken

By Chef Veera Gaul, Ph.D.



Ingredients

2 chicken breasts
1 large white onion, chopped and then ground in a food processor
2 tablespoons garlic paste (or 8-10 cloves of garlic added to food processor)
1 tablespoon ginger paste (or ½ inch of ginger chopped and added to food processor)
1 cup Plain Greek yogurt
2-3 tablespoons O&V [Chicken Curry rub](#) *
1 ½ tablespoons garam masala (divided) *
1 teaspoon coarse ground black pepper
1 teaspoon kosher salt (plus more to taste)
1 tablespoon fresh lime juice
1 cup cilantro, coarsely chopped

Garnish with
Slit green chilies (Thai chilies)
Sliced white onions
Lime wedges
Cilantro leaves
Sprinkle of paprika

Preparation

Cut each chicken breast in half horizontally (butterfly and cut through) to create thinner pieces of meat.

In a food processor, grind the onion, garlic, ginger with the Greek yogurt. Add the chicken curry rub, 1 tablespoon of garam masala, pepper, salt, lime juice and cilantro. Blend till smooth.

Marinate the chicken in a plastic zip lock bag with the yogurt mixture for at least 3 hours and preferably overnight

Heat a grill to medium high, brush the grill grate with oil. Shake the excess marinade off the chicken pieces and grill for about 4 minutes on each side, until browned and cooked through.

Serve warm with a side of naan bread, garnished with slit green chilies, sliced onion, lime wedges, cilantro leaves and a sprinkle of paprika

Serves 4

Total Time: 30 minutes plus time for marinating (3-12 hours)

Notes

* I use the [Chicken Curry Rub](#) from [Oil & Vinegar](#) as I find the chicken curry rub to be a nice option versus buying individual spices, but you can also use a combination of cumin, coriander, cayenne pepper, turmeric, garlic powder, onion powder, roasted and ground fennel seeds. Email me for the specifics on how to create this mix.

* Garam Masala is a spice blend widely used in north Indian cuisine and is a blend of whole spices of mace, peppercorns, cinnamon, cumin seeds, coriander seeds and cardamom pods that have been dry toasted to release their aromatic flavors, then ground to a powder. You can purchase it at any Indian grocery store and even at some well stocked spice departments in regular grocery stores. Or you can purchase it online from [Masala Mama](#).

Categories: Entree, Poultry, Gluten Free, Snacks & Sides, Grilled Chicken, Marinated Chicken, Yogurt, Chicken Curry Rub, Garam Masala, Cilantro, Thai Chilies, Summer Grilling, Easy Entertaining, Summer Dinner, Why Marinate in Yogurt, Juicy Grilled Chicken,