Indian-Spiced Chicken

Prep Time 10 mins  Cook Time 30-40 mins  Makes 4 Main course servings (2 thighs /serving)

Ingredients
Marinade

- 1 onion
- 15 mL/ 1 T. ginger
- 10 garlic cloves
- 1 x 750 g container (3 cups) plain yoghurt
- 60 mL/ ¼ cup oil (canola or light olive oil)
- 45 mL/3 T. lemon juice
- 30 mL/2 T. Garam Masala spice mix (see note)
- 10 mL/2 tsp turmeric powder
- 30 mL/ 2 T. cumin
- 30 mL/ 2 T. coriander powder
- 15 mL/1 T. cayenne pepper
- 15 mL/ 1 T. paprika (preferably smoked)
- 1 mL/¼ tsp. black pepper
- 125 mL/1/2 cup cilantro, chopped (optional)

Chicken

8 (about 1.2 kg / 2.4 lb.) boneless, skinless chicken thighs

Instructions
(1) Grate or finely mince the onion, ginger and garlic; place in a medium-sized bowl and mix together with all remaining Marinade ingredients
(2) Pour marinade into a Ziploc baggie (or a sealed container) with the chicken pieces and marinate for at least 3 hours, preferably overnight. If you don’t have time to marinate overnight, cut 2 or 3 shallow slashes on each chicken piece to help the marinade infuse into the meat faster
(3) Preheat oven to 180°C/350°F. Line a baking sheet with foil.
(4) Remove chicken from the Marinade, shaking off excess (reserve Marinade for basting during cooking), and place on the baking sheet. Bake for 20 minutes, then slather on Marinade (very generously), turn the chicken and slather Marinade on the other side (discard any remaining marinade).
(5) Bake for a further 10-15 minutes, or until the chicken is cooked. Check with meat thermometer to make sure internal temperature has reached 74°C/165°F. To crisp the outside of the chicken, turn on the broiler for 3-5 minutes to finish. Optional: Garnish with cilantro leaves.

To know that your chicken is cooked thoroughly, without being overcooked, use a meat thermometer to check the internal temperature.

Chicken is safely cooked when it reaches 165°F or 74°C.

Garam Masala is an Indian spice mix that you can purchase in dried herbs and spices section of supermarkets. The spices in it include: cardamom, coriander, cumin, ginger, cinnamon, nutmeg and cloves.

Instead of chicken thighs, you can use drumsticks, bone-in chicken pieces, or even chicken breast – you may need to adjust the cooking time depending on the size of the pieces to make sure the chicken is cooked through (bone-in pieces usually take longer to cook): use your meat thermometer to make sure.

You can freeze the chicken with the marinade (raw). Then when you are ready to cook, thaw overnight in the fridge and follow the recipe.