

Ingredients

Serves: 4–6

- ✓ 6 chicken thighs

Marinade

- ✓ 1 cup Greek yogurt
- ✓ 2 tablespoons lemon juice
- ✓ 1 teaspoon grated fresh ginger
- ✓ 2 garlic cloves, grated or minced

Spices

- ✓ 1 teaspoon garam masala
- ✓ 1 teaspoon paprika
- ✓ 1 teaspoon ground coriander
- ✓ ½ teaspoon ground cumin
- ✓ ½ teaspoon turmeric
- ✓ ¾ teaspoon salt
- ✓ ½ teaspoon cayenne pepper

Instructions

1. Make the marinade

In a bowl combine the Greek yogurt, lemon juice, grated ginger, and garlic. Mix well.

Add the garam masala, paprika, coriander, cumin, turmeric, salt, and cayenne pepper. Stir until the marinade is smooth and evenly blended.

2. Marinate the chicken

Add the chicken thighs and coat them thoroughly with the marinade.

Cover and refrigerate **overnight if possible**, or for **at least 3 hours**.

The longer the chicken marinates, the more flavorful and tender it becomes.

3. Bake the chicken

Preheat your oven to **425°F (220°C)**.

Arrange the marinated chicken thighs on a baking sheet or baking dish.

Bake for **about 30 minutes**, or until the chicken is cooked through.

Every oven behaves differently, so check that the chicken is fully cooked before serving. If the chicken starts to brown too quickly, **tent it loosely with aluminum foil** to prevent burning.

4. Serve

Serve hot with rice, flatbread, roasted vegetables, or a crisp salad.

Garam Masala Substitute

If you cannot find garam masala, you can mix a quick substitute:

- ✓ ½ teaspoon cumin
- ✓ ½ teaspoon coriander
- ✓ ¼ teaspoon cinnamon
- ✓ ¼ teaspoon black pepper

This will provide a similar warm spice blend.