

Creamy Yogurt Chicken

A delicious and creamy yogurt-based chicken dish that is both flavorful and healthy.



Main Dish

30 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1 chicken breast, 1/2 cup plain yogurt, 1 tablespoon olive oil, 1 teaspoon garlic powder, 1 teaspoon paprika, Salt and pepper to taste

Steps

- 1 In a bowl, mix yogurt, olive oil, garlic powder, paprika, salt, and pepper.
- 2 Marinate the chicken breast in the yogurt mixture for at least 30 minutes.
- 3 Preheat a pan over medium heat.
- 4 Cook the chicken breast for about 5-6 minutes on each side until fully cooked.
- 5 Serve hot and enjoy!