

Creamy Yogurt Herb Chicken

A tender and flavorful chicken dish marinated in yogurt and fresh herbs, then pan-seared to perfection. This healthy, protein-packed meal pairs well with rice or a fresh salad.



Main Dish

40 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 150g boneless chicken breast
- 100g plain yogurt
- 1 garlic clove, minced
- 1 tsp lemon juice
- 1 tsp fresh chopped cilantro
- 1 tsp fresh chopped parsley
- 1/2 tsp ground cumin
- Salt and pepper to taste
- 1 tsp olive oil

Steps

- 1 In a bowl, combine yogurt, garlic, lemon juice, cilantro, parsley, cumin, salt, and pepper.
- 2 Add chicken breast to the marinade and coat well. Let it marinate for at least 30 minutes.
- 3 Heat olive oil in a pan over medium heat.
- 4 Remove chicken from marinade and cook in the pan for 6-7 minutes on each side, until fully cooked and golden brown.
- 5 Serve hot with your choice of sides.