

Spiced Yogurt Chicken Bowl

A delicious and healthy main dish featuring tender chicken marinated in a spiced yogurt sauce, served over fluffy rice with fresh vegetables. This dish balances creamy yogurt with warm spices for a delightful flavor profile.



Main Dish

45 min

Total time

Easy

Difficulty

500

kcal / serving

Ingredients

- 150g boneless chicken breast
- 100g plain yogurt
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp turmeric
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1/2 cup cooked basmati rice
- 1/4 cucumber, sliced
- A handful of cherry tomatoes, halved
- Salt and pepper to taste
- Fresh cilantro for garnish

Steps

- 1 In a bowl, mix yogurt, cumin, coriander, turmeric, minced garlic, salt, and pepper.
- 2 Add chicken breast to the marinade, coating well. Let it marinate for at least 30 minutes.
- 3 Heat olive oil in a pan over medium heat. Cook the marinated chicken for 6-8 minutes on each side until fully cooked and golden brown.
- 4 Warm the cooked basmati rice and place it in a serving bowl.
- 5 Slice the cooked chicken and arrange on top of the rice.
- 6 Add cucumber slices and cherry tomatoes around the chicken.
- 7 Garnish with fresh cilantro and serve immediately.