

Spiced Yogurt Chicken Bowl

This Spiced Yogurt Chicken Bowl is a delightful fusion of flavors, featuring marinated chicken in a creamy yogurt sauce served over fluffy rice. It's a healthy, satisfying dish perfect for a quick dinner.



Main Dish

45 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 150g chicken breast
- 100g plain yogurt
- 1 tsp garlic powder
- 1 tsp cumin
- 1/2 tsp paprika
- Salt and pepper to taste
- 100g cooked rice
- Fresh cilantro for garnish

Steps

- 1 In a bowl, mix the yogurt, garlic powder, cumin, paprika, salt, and pepper.
- 2 Add the chicken breast to the yogurt mixture, ensuring it's well coated. Marinate for at least 30 minutes.
- 3 Heat a non-stick skillet over medium heat and cook the marinated chicken for about 5-7 minutes on each side, or until fully cooked.
- 4 While the chicken is cooking, prepare the rice according to package instructions.
- 5 Once the chicken is cooked, slice it into strips.
- 6 Serve the sliced chicken over a bed of rice and garnish with fresh cilantro.