

Yogurt Marinated Chicken

A serious flavor upgrade for chicken! Made with chicken thighs (or chicken breasts) that have been soaked in a Greek yogurt based marinade that's brimming with earthy spices, and a fresh lemon-herb flavor.

Servings: 7

Ready in: 1 hour 35 minutes

Prep
20 minutes

Cook
15 minutes

Marinating
1 hour



Ingredients

Yogurt Marinade

- 2/3 cup whole milk Greek yogurt
- 2 Tbsp olive oil
- 2 Tbsp lemon juice + 1 tsp lemon zest
- 1 Tbsp minced garlic
- 1 Tbsp peeled and minced fresh ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp cinnamon
- 1 tsp salt and freshly ground black pepper (can adjust to taste)
- 1/4 cup chopped cilantro, plus more for serving

Chicken

- 2 1/4 lbs boneless skinless chicken thighs (about 7 thighs), or chicken breasts (about 5)

Instructions

1. In a mixing bowl whisk together yogurt, olive oil, lemon juice, lemon zest, garlic, ginger, cumin, coriander, paprika, cayenne pepper, cinnamon, salt, pepper and cilantro.
2. Place chicken in a gallon size resealable freezer bag. Pour yogurt marinade over chicken.
3. Seal bag while pressing excess air out. Rub marinade evenly over chicken.
4. Let rest in fridge at least 2 hours (or up to 8 hours for breasts, 24 hours for thighs).
5. Preheat a gas grill to 425 degrees. Clean grill grates and lightly brush with oil (using a balled up oiled paper towel and long tongs).
6. Grill chicken until cooked through (165 on an instant read thermometer in center of thickest portion) about 5 to 7 minutes per side.

Notes

- Note that if you'd like to keep exterior of chicken from drying you can brush lightly with olive oil halfway through grilling.

Copyright © 2023 Cooking Classy