



INGREDIENTS:

CHICKEN PREPARATION

- 2 tbs garam masala mix
- 1 tbs salt and pepper
- 1 each (6 oz) chicken breast

SAUCE

- 1 cup plain yogurt
- 1 tbs cilantro, chopped
- 1 tbs mint, chopped
- 1 each clove garlic, chopped
- 1 tbs ginger, minced
- 2 tbs lime juice

GARAM MASALA MIX

- 4 tbs ground cumin
- 2 tbs ground coriander
- 2 tbs ground cardamom
- 2 tbs ground black pepper
- 1 tbs ground cinnamon
- 1 tbs ground clove
- 1 tbs ground nutmeg

DIRECTIONS:

CHICKEN PREPARATION

1. Season chicken evenly on both sides with salt and pepper.
2. Dust both sides evenly in garam masala mix.

SAUCE

1. Combine all ingredients in a bowl and mix well.
2. Reserve half the sauce for later and set to the side.
3. Take the remaining sauce and evenly mix onto all sides of the chicken.
4. Cover and let marinate in the refrigerator for one hour (if time permits).
5. On medium heat in a saute pan, add just enough olive oil to coat the bottom of the pan.
6. Sear chicken on both sides until golden, add remaining sauce from the marinated chicken.
7. Finish in the oven at 350f degrees until internal temperature reaches 160f degrees.

8. Serve with additional sauce that you set to the side earlier.

9. **Remember:** never use sauce that has already been used or touched the raw chicken!

GARAM MASALA MIX

1. Mix all ingredients well in a bowl.
2. If desired, toast on medium heat in a saute pan to awaken the spices and aromatics.
3. Store in a cool dry place.