




## Spicy chicken breasts

*The perfect braai chicken, low in fat if the skin is avoided.*

 Less than 1.5 hours    **Serves:** 5

**Recipe Type:** Mains

**Main Ingredient:** Chicken

### Ingredients

#### Marinade

- 2 cups Low-fat Greek yoghurt
- 1 large PnP red onion, very finely chopped
- 2 tbsp ground cumin
- 2 tbsp PnP ground coriander
- 1 tbsp PnP dried chilli flakes, (optional)
- 1 tbsp ground paprika
- 1 tbsp oregano
- 2 tbsp PnP sugar
- 1 lemon, juiced and zested
- 3 tbsp pine nuts, toasted, to garnish
- 1 pinch PnP salt, to season

#### Main Ingredients

- 10 large PnP chicken pieces

### Method

- Mix all the marinade ingredients
- Marinate chicken for at least one hour
- Remove from marinade and cook over medium coals or in oven at 180°C until cooked