

Spiced Chicken Breast (Khuroos-E-Tursh)

Ingredients:

1/2 Cup Yogurt
8 Large Almonds -- blanched
1 Teaspoon Ginger -- finely chopped
2 Cloves Garlic -- finely chopped
1 Medium Onion -- thinly sliced
1 Medium Green Bell Pepper -- finely chopped
2 Large Jalapeno -- finely chopped
1 Teaspoon Cumin
1/2 Teaspoon White Pepper
1 Teaspoon Lime Juice
Salt -- to taste
3 Whole Chicken Breasts
Olive Oil Spray
1/2 Teaspoon Saffron
6 Leaves Mint -- finely chopped



Directions Grind almonds with 4 teaspoons water to a smooth paste. Remove from processor and set aside.

Grind the ginger, garlic and 1 tablespoon of water. Process to a smooth paste.

Whisk the yogurt, almond paste, garlic paste, onion, bell pepper, chiles, cumin, pepper, lime juice and salt together. Add chicken breasts and marinate for 30 minutes.

Preheat oven to 300 degrees. Spray a shallow ovenproof pan with oil. Arrange chicken in pan and spread marinade over chicken. Bake for 20 minutes.

Remove from the oven. Drizzle saffron and sprinkle mint over the chicken breasts. Cover the pan tightly with foil. Return to the oven for 10 minutes. Remove foil and serve.

Serves 6