



## SPICY CHICKEN THIGHS WITH CRISPY POTATOES & VEGETABLES



By Irish Yogurts Clonakilty

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Method

### For the Spicy Chicken Thighs

- With a sharp knife, make a few slits in each chicken thigh
- Mix the spices, garlic and yogurt together in a bowl. Add the chicken thighs, gently massaging the yogurt marinade into the chicken
- Leave to marinate for at least 30 minutes but up to 2 hours if time allows
- Preheat the oven to 190°C/375°F/Gas Mark 5
- Line a baking tray with parchment paper
- Once the chicken has marinated, place it skin side up on the baking tray
- Bake in the preheated oven for 30-35 minutes until the chicken is completely cooked though and the yogurt marinade will be nice and crispy

### For the Crispy Potatoes & Vegetables

- Place all the ingredients into a bowl and mix well to ensure that they are well coated



- Place on a baking tray lined with baking parchment and cook in the preheated oven for 30 minutes until the potatoes are cooked through

#### **For the Coriander Yogurt**

- Chop the coriander and mix in with the yogurt

#### **To Serve**

- Place the crispy potatoes and vegetables into a serving bowl
- Place some of the spiced chicken thighs on top garnishing as desired with the coriander yogurt

#### **Ingredients**

##### **Spicy Chicken Thighs**

- 8-10 chicken thighs
- 3 tbsp of [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#)
- 1 teaspoon chilli powder
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 2 cloves garlic

##### **Crispy Potatoes & Vegetables**

- 3 large potatoes-cubed
- 1 red onion-finely diced
- 2 cloves garlic-crushed
- ½ red chilli-finely diced
- 1 ½ peppers-cut into chunks
- 1-2 tablespoons rapeseed oil

##### **Coriander Yogurt**

- 3 tbsp of [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#)
- 1 tablespoon freshly chopped coriander

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