

Yoghurt and Paprika Chicken (serves 4 to 6)



Calories:	207.79	Protein:	25.06g
Fat:	5.64g	Carbohydrate:	12.83g
Sodium:	122.10mg	Cholesterol:	67.38mg
Saturated Fat:	1.59g		

Ingredients:

3 chicken thighs (skinless)	2 tbs corn flour
3 chicken breasts	2 cups plain and low fat yoghurt
1/8 teaspoon pepper	2 teaspoons Paprika (Spanish)
1/4 cup plain flour	
1 tbs olive oil	
1/4 cup diced onion	
1 cup hot water	
2 teaspoons lemon juice	

Method:

Season the chicken pieces with the pepper. Roll the chicken pieces into the flour and make sure the chicken is coated well. Heat up a pan, big enough to hold the chicken, with the olive oil and at medium heat. Once pan is hot, add the chicken and brown on both sides. This takes approximately 10 to 15 minutes. Create a little hole in the centre and add the onion, lemon juice and water. Cover and turn down to low heat and simmer till the meat is tender (approx 30 to 40 mins). Once tender, remove the chicken from the pan and place onto plates. In a bowl, mix the corn flour and about 2 tbs of the yoghurt, mix well and then add the remaining yoghurt and mix again. Stir into the pan and onions. Simmer over low heat for approx 5 minutes. Add paprika and mix around well and pour over the chicken.