

## One-Pot Indian Chicken Thighs with Spiced Yogurt Sauce

Indian-Style Yogurt-Marinated Chicken



**TIME**  
**10 min**

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### INGREDIENTS

For the Chicken:

- 4 chicken thighs or drumsticks, bone-in, skin-on
- 1 cup plain yogurt (Greek or regular)
- 1 tbsp garam masala
- 2 cm fresh ginger, grated
- 2 garlic cloves, minced
- 1 onion, thinly sliced
- 1 tbsp vegetable oil
- Salt, to taste

Optional: ½ tsp chili powder or paprika for heat

For Garnish & Serving:

- Fresh cilantro, chopped
- Basmati rice or garlic naan
- Cucumber raita or lemon wedges, optional

### DIRECTIONS

- 1. Marinate the Chicken:** In a large bowl, mix yogurt, garam masala, ginger, garlic, salt, and optional chili powder. Add chicken, coating thoroughly. Cover and refrigerate for at least 30 minutes or overnight for deeper flavor.
- 2. Cook the Onions:** Heat vegetable oil in a deep pan or Dutch oven over medium heat. Add sliced onions and cook for 5 minutes, stirring until soft and golden.
- 3. Brown the Chicken:** Remove chicken from marinade (reserve the marinade). Place chicken in the pan with onions and sear 5 minutes per side until lightly browned.
- 4. Simmer to Perfection:** Reduce heat to low. Pour remaining marinade over the chicken. Cover and simmer for 35 minutes, stirring occasionally, until chicken is cooked through and tender. Tip: Add a splash of water if sauce thickens too much.
- 5. Garnish and Serve:** Sprinkle with fresh cilantro and serve hot with basmati rice, naan, or both. Add raita or lemon wedges on the side for a cooling contrast.

### SWAPS & NOTES

**Chicken Cuts :** Use boneless thighs or breasts for quicker cooking, but bone-in offers the best flavor.

**Yogurt Tip :** Use full-fat yogurt for a richer sauce.

**Spice Swap :** Use curry powder in place of garam masala if needed.

**Extra Veggies :** Stir in spinach, peas, or diced tomatoes during the last 10 minutes of cooking.

### TIPS FOR SUCCESS

Marinate overnight for the richest flavor infusion.

Don't skip browning-it adds depth to both the meat and the sauce.

Broil for 2-3 minutes at the end for golden edges.

Add a splash of cream at the end for extra richness.

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