

Grilled Curry Chicken and Yogurt Sauce

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Here is a simple little twist on grilled chicken. Serve with a side of hummus or mixed vegetables for a light, a spicy good change-up from the usual grilled bird. Make sure to purchase an organic yogurt with active cultures. Many yogurts are sweetened with sugar and pasteurized for longer shelf life. The result is a typically modern Western diet, "dead food." Yogurt with active cultures is a living, fermented food with all the attendant health benefits.



Ingredients:

- 4 chicken breasts
- Flatbreads
- Marinade
 - 1 Tbs curry powder
 - $\frac{1}{4}$ cup white wine
 - 1 tsp olive oil
 - 1 Tbs balsamic vinegar

- 1 tsp honey
- Juice of 1 lime
- Vegetable topping
 - 1 roasted red pepper
 - $\frac{1}{4}$ bulb grilled fennel bulb
 - 1 small sweet onion
 - 1 medium tomato
- Yogurt topping
 - 3 Tbs Greek yogurt
 - 1 Tbs curry paste
 - 1 tsp hot sauce (if desired, may also add more)
 - $\frac{1}{4}$ cup chopped cilantro
 - Juice of 1 lemon

Directions:

Mix the marinade and let the chicken breasts rest in the liquid for several hours to overnight. Remove and season the breasts with salt and pepper. Grill until done. Roast the red pepper then place in a bag for several minutes. Remove the skin and chop. Chop the grilled fennel, tomato and onion. Mix the yogurt ingredients together. While the chicken breasts rest, grill the flatbread. Slice the breasts on a bias and scatter on the flatbread. Top with vegetable mixture then sauce.