**Chicken Bihari Boti**

Prep time: 2 hours Cook time: 15 min

**Ingredients:**

* 200g boneless chicken (preferably thigh for juiciness)
* 1 tbsp mustard oil
* 1 tbsp hung curd (low-fat)
* 1 tsp ginger-garlic paste
* ½ tsp roasted cumin powder
* ½ tsp red chili powder
* ¼ tsp garam masala
* ½ tsp lemon juice
* Salt to taste
* Optional: pinch of black pepper or smoked paprika

**Instructions:**

1. In a bowl, mix mustard oil, curd, ginger-garlic paste, cumin powder, chili powder, garam masala, lemon juice, and salt. Whisk until smooth.
2. Add the chicken pieces and coat evenly. Cover and marinate in the refrigerator for at least 2 hours (overnight for best flavor).
3. Heat a nonstick grill pan or tawa. Drizzle a few drops of oil or brush lightly with mustard oil.
4. Place chicken pieces on the hot pan in a single layer. Cook undisturbed for 3–4 minutes on one side until browned.
5. Flip and cook the other side until golden and fully cooked (until juices run clear).
6. Optional: briefly char over open flame for a smoky finish.
7. Serve hot with lemon wedges and mint chutney.