

# Hot and Spicy Quark Chicken Recipe

Now for a substitute for quark recipe: This **Hot and Spicy Quark Chicken Recipe** succulent and healthy dish will add a little spice to your family meals. Using quark instead of Greek yogurt means that there is 74% less saturated fat per serving, meaning that it's far healthier - but you can use the BelGioioso Ricotta con Latte cheese if you can't get hold of quark.

Note that this recipe also requires at least an hour's marinating time.

## Details

**Cuisine:** Indian | **Recipe Type:** Main | **Difficulty:** Easy  
**Prep Time:** 10 mins | **Cooking Time:** 15 mins | **Serves:** 4

## Ingredients:

- 8.8 oz quark cheese
- 1 tbsp paprika
- 1 tbsp Dijon mustard
- 1 tbsp chili powder
- 1 tbsp Tabasco sauce
- 1 lemon, juice only
- 4 chicken breast fillets, cut into large chunks
- 1 green pepper, cored and cut into chunks
- 2 small red onions, cut into wedges
- 4 tomatoes, quartered
- 1 tbsp vegetable oil
- 4 large flour tortilla wraps, or 8 small

## For the BB Quark sauce:

- 8.8 oz quark cheese
- 1 tbsp Tabasco sauce

## Step-by-step

1. To make the marinade, mix the quark, spices, seasoning and lemon juice together in a large bowl. Add the chunks of chicken and stir well until coated all over, leave to marinate for at least 1 hour or overnight if time allows.
2. Preheat a heavy griddle pan for 5 mins. Toss the vegetables in the oil, then griddle cook them for 4 mins, turning until they are charred on all sides. Transfer to a bowl and keep warm.
3. Add the chunks of chicken to the griddle and cook for 8-10 mins, turning the chunks occasionally until they are nicely charred on the outside and cooked through. Add the vegetables and keep warm.
4. Warm the tortillas on the griddle pan. Make the sauce by mixing the Tabasco sauce with the quark in a bowl. Serve the chicken and vegetable with the tortillas and sauce.