



Chicken Tikka Masala

Ingredients

1. 1 pound boneless, skinless chicken breasts, cut into bite size pieces
2. 1 cup plain yogurt
3. 2 tablespoons lemon juice
4. 2 teaspoons ground cumin
5. 2 teaspoons ground coriander
6. 1 teaspoon ground turmeric
7. 1 teaspoon ground cayenne pepper
8. 1 teaspoon ground cinnamon
9. 1 teaspoon salt

Sauce Ingredients:

10. 2 tablespoons butter
11. 1 tablespoon olive oil
12. 1 large onion chopped
13. 4 tbsp garlic powder or chopped fresh garlic
14. 1 tbsp ginger
15. 2 teaspoons ground cumin
16. 2 teaspoons ground coriander
17. 2 teaspoons paprika
18. 1 tsp garam masala
19. One 14 ounce can tomato sauce
20. 1 cup heavy cream
21. 1-2 tbsp dried or freshly chopped cilantro.

Instructions

1. Using a bowl, combine yogurt, lemon juice, cumin, coriander, turmeric, cayenne pepper, cinnamon, and salt. Add chicken and coat well.
2. Cover and refrigerate for at least an hour or overnight.
3. Preheat your grill or oven to medium-high.
4. Put chicken onto skewers and grill until cooked through, about 5-7 minutes per side. If grill not available, you can cook them in a hot skillet until browned.
5. For the sauce - In a large skillet, heat butter and oil over medium heat. Add onion and cook until soft. Stir in garlic and ginger and cook for 1 minute. Add cumin, paprika, and garam masala, and cook for another minute.
6. Stir in tomato sauce and bring to a boil. Reduce heat and simmer for 10 minutes.
7. Stir in heavy cream and simmer until sauce thickens.
8. Add grilled chicken to the sauce and simmer for a few more minutes.
9. Add fresh or dried cilantro and serve with rice or naan bread.

Serves: 2-4

Prep Time: Marinate overnight,