

CHICKEN TIKKA MASALA

Iconic Indian curry in which marinated chicken is cooked in a creamy tomato sauce.

- Prep time: 10 minutes (includes marinating)
- Cook time: 10 minutes
- Total time: 20 minutes
- Serves: 2

INGREDIENTS

- **Marinade for chicken:**
 - 226 4/5 g boneless skinless chicken breast or thighs
 - 2/3 cup plain Greek yogurt
 - 2/3 teaspoon garlic (2-3 cloves, crushed or grated)
 - 2/3 teaspoon ginger (1/2-inch piece, crushed or grated)
 - 1/3 teaspoon salt
 - 1/6 teaspoon turmeric powder
 - 1/2 teaspoon Kashmiri red chili powder (or Paprika)
 - 1/3 teaspoon garam masala
 - 1/2 teaspoon coriander powder
 - 2/3 teaspoons lime juice (juice of 1/2 lime)
- 1 tablespoon of butter
- **TFC's Tikka Masala Gravy**
- 1/2 cup heavy cream
- 2/3 tablespoons chopped cilantro for garnish

DIRECTIONS

1. Combine all ingredients listed under "Marinade" and toss the chicken in it until well coated. Leave it for 15 minutes
2. Heat a wide bottom sauce pot on medium-high heat. Add olive oil and butter.
3. Add chicken and grill it one minute on each side. By doing this, we are sealing the marinade flavors. Remove chicken and keep aside.
4. Add **TFC's Tikka Masala Gravy** to the pot, and add water according to required consistency
5. When the sauce comes to a boil, reduce heat to medium, and add the marinated chicken
6. Cover the pot and simmer for 5 minutes, or until the chicken is cooked through. Stir a few times to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking.
7. Stir in heavy cream and simmer uncovered for 2-3 minutes. Add butter and garnish with cilantro.

NOTES:

- **Marinate:** Marinate the chicken while you prep the rest of the ingredients. The chicken can also be prepped and marinated for up to 12 hours.
- **Extra Creamy:** Add ½ cup heavy whipping cream at the very end and simmer for a few extra minutes.
- **Vegetarian Tikka Masala:** Replace chicken with your favorite vegetarian protein, like paneer or tofu.
- **Dairy-Free Substitution:** Use cashew yogurt or coconut cream instead of regular cream and butter.

NUTRITION

Calories: 273kcal | Carbohydrates: 12g | Protein: 28g | Fat: 13g | Saturated Fat: 4g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 5g | Cholesterol: 84mg | Sodium: 1017mg | Potassium: 716mg | Fiber: 2g | Sugar: 5g | Calcium: 11mg | Iron: 2mg

