



Chicken Tikka Masala (4 Servings)

Chicken Tikka

- 1 Pound chicken tenderloins thawed, rinsed, and drained of all liquid
- 1 Jar of Trader Joe's Masala Simmer Sauce
- ½ cup heavy whipping cream (substitute ¼ cup cashew paste for a vegan version)

Marinade

- 2 tablespoons nonfat yogurt (substitute 2 teaspoons of lemon juice for a vegan version)
- 1 teaspoon ginger + garlic paste (optional)
- 2 tablespoons cooking oil
- 2 heaped tablespoons [Seven Happy Seeds Tandoori Marinade & Rub](#)
- Salt to taste

1. In a mixing bowl, whisk together yogurt, marinade spice blend, oil, and salt to make a smooth paste.
2. Add chicken tenderloins to and coat evenly. Cover and marinate at room temperature for 30 minutes (or refrigerate overnight).
3. Cook chicken on Broil setting for 12 minutes; cover with foil after 5 minutes to seal in moisture.
4. In a medium pan, simmer together Masala Simmer Sauce, heavy cream, and juices from broiled chicken for 10 minutes on low heat.
5. Cut up cooked Tandoori chicken into bite size pieces and add to sauce. Simmer for an additional 5 minutes, then turn heat off. Keep covered until ready to eat.
6. Serve hot with Basmati rice pilaf, Cucumber raita, and naan bread.

Other Recipe Suggestions:

- Broiled chicken tenders can be served as an appetizer with Mint Chutney,
- Make Panini sandwich or wrap with shredded Tandoori chicken topped with a spoonful of cucumber raita.