

◀▶ Chicken Tikka Masala ▶◀

Ingredients

Chicken marinade

- 1 ½ lbs skinless, boneless chicken breasts, cut into 1.5" cubes
- 2 garlic cloves, minced
- 2 tsp fresh ginger, finely grated
- 2 tsp ground turmeric
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 ½ tsp salt
- 1 tbsp lemon juice
- 1 ½ cup non-fat, plain Greek yogurt



Instructions

Chicken marinade

1. Cut chicken breasts into 1.5" cubes and pat dry with paper towels to remove excess moisture.
2. In a large mixing bowl, combine the minced garlic, grated ginger, turmeric, garam masala, coriander, cumin, salt, lemon juice, and yogurt.
3. Add the chicken to the marinade and mix until evenly coated. Cover and refrigerate for at least 4-6 hours, or overnight for the best flavor.

Tikka Masala sauce

1. In a large pot, heat oil over medium heat. Add onions and sauté until soft and translucent (~3-5 minutes). Add garlic and ginger, and sauté for another minute until fragrant.
2. Reduce heat to low and add turmeric, garam masala, coriander, cumin, and salt. Stir 1-2 minutes to toast the spices and bring out their flavors. Then, add chili powder and mix well.
3. Stir in tomatoes and increase heat to medium-high. Bring to a simmer then reduce the heat to low and simmer for 10-12 minutes, or until the sauce thickens.
4. Add cauliflower to sauce and cook for 4 minutes. Add peas and cook another 1-2 minutes.
5. Gently stir in the marinated chicken cubes. Cover the pot and cook chicken fully (~10-12 minutes, to an internal temperature of 165°F).
6. Stir in the half-and-half and brown sugar and simmer for an additional 10-15 minutes, allowing the sauce to thicken.*
7. Stir in ¾ cup cilantro.
8. Serve with brown basmati rice or quinoa and garnish with remaining cilantro.

▶◀ ***Recipe note:** If the sauce is too thick, add a splash of water to reach desired consistency.

Tikka Masala sauce

- 2 tbsp canola oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 2 tsp fresh ginger, finely grated
- 2 tsp ground turmeric
- 2 tsp garam masala
- 1 tsp ground coriander
- 1 tsp ground cumin
- 2 ½ tsp salt
- 1 ½ tsp red chili powder (adjust to taste)
- 28-oz can crushed tomatoes
- 2 cups chopped cauliflower florets (fresh or frozen)
- 1 cup peas (fresh or frozen)
- 2 cups half-and-half
- 1 tsp brown sugar
- 1 cup fresh cilantro, chopped



Servings: 6

Prep time: 25 minutes plus
marinate 4-6 hours or overnight

Cook time: 50-60 minutes
Total time: 5-½ - 7-½ hours

