



Chicken Tikka Masala



This is an easy recipe for Chicken Tikka Masala-- chicken marinated in yogurt and spices and then served in a tomato cream sauce. Serve with rice or warm pita bread.

Prep: 30 mins

Cook: 50 mins

Additional: 1 hr

Total: 2 hrs 20 mins

Servings: 4

Yield: 4 servings



Ingredients

Directions

Step 1

In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and salt. Stir in chicken, cover, and refrigerate for 1 hour.

Step 2

Preheat a grill for high heat.

Step 3

Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side.

Step 4

Melt butter in a large heavy skillet over medium heat. Saute garlic and jalapeno for 1 minute. Season with 2 teaspoons cumin, paprika, and 1 teaspoon salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Add grilled chicken, and simmer for 10 minutes. Transfer to a serving platter, and garnish with fresh cilantro.

Editor's Note:

The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cook time, etc., the actual amount of the marinade consumed will vary.



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- 4 eaches long skewers
- 1 tablespoon butter
- 1 clove garlic, minced
- 1 jalapeno pepper, finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 1 teaspoon salt, or to taste
- 1 (8 ounce) can tomato sauce

1 cup heavy cream

¼ cup chopped fresh cilantro

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