

Easy Indian: Skinny Chicken Tikka Masala

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Recipe type: Healthy Chicken Dish

Total Time: 35 minutes

Prep: 20 minutes

Cook: 15 minutes

Yield: 6 servings

Ingredients

- 4 tablespoons sesame, sunflower, or canola oil
- 1 pound skinless, boneless chicken breasts, fat trimmed and cubed
- 1 small onion, diced
- 3 cloves garlic, minced
- 4 small carrots, diced
- 1 jalapeño pepper, finely diced
- 12 ounces frozen chopped cauliflower florets, thawed
- 1½ tablespoons tomato paste
- Garam Masala (see recipe below)
- 15-ounce container chopped tomatoes
- ½ cup coconut milk
- Salt and freshly ground black pepper

For the Garam Masala:

- 1 teaspoon ground cumin
- 1 teaspoon cinnamon
- 1 teaspoon paprika
- 1 teaspoon turmeric
- ½ teaspoon ground ginger
- ¼ teaspoon ground coriander
- ¼ teaspoon ground cloves

Instructions

1. To a bowl, add all the spices listed above for the Garam Masala. Stir until well combined, and set aside.
2. Heat 1 tablespoon of the oil in a large sauté pan over medium-high heat. Season the chicken with a pinch of salt and pepper and sauté the chicken until golden brown, about 5-7 minutes. Transfer chicken to a bowl, cover with foil, and set aside.
3. Add the remaining 3 tablespoons oil to the pan along with the onion and garlic and cook until veggies are softened, about 1-2 minutes. Add the carrots and jalapeño and cook until softened, about 5 minutes. Add the chicken back in, along with the thawed cauliflower, tomato paste, and the Garam Masala. Stir until spices are well combined. Season with salt and pepper.
4. Add the chopped tomatoes, simmer, and season to taste with salt and pepper.
5. Turn off the heat and add coconut milk. Stir until well combined.
6. Serve over brown rice.

Nutrition Information

Serving size: 6 Calories: 268 Fat: 16.3g Saturated fat: 5.3g Carbohydrates: 15.6g Sugar: 7.9g Sodium: 201mg
Fiber: 5.3g Protein: 18.9g Cholesterol: 43mg

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