



Chicken Tikka Masala

PREP TIME: 35 MINS

COOK TIME: 55 MINS

SERVES: 4

Chicken Ingredients:

- 1/4 cup plain yogurt
- 2 tsp garam masala
- 2 tsp paprika
- 1/2 tsp black pepper
- 1/2 tsp salt
- 1/2 tsp cayenne pepper
- 1/2 tsp ground coriander
- 1 pound skinless, boneless chicken breast cut into 1-inch strips

Sauce Ingredients:

- 3 tbsp vegetable oil
- 1 tsp cumin seeds
- 1 large onion, chopped
- 2 green chili peppers, minced
- 3 garlic cloves, minced
- 1 tbsp grated ginger
- 2 medium Roma tomatoes, diced
- 1/2 cup tomato paste
- 1/4 cup water
- 1 tsp garam masala
- 1/2 teaspoon ground coriander
- 1/2 tsp ground turmeric
- 1/2 tsp salt
- 1/2 cup heavy whipping cream
- 1/2 bunch fresh cilantro, chopped

Steps:

1. Make the chicken: Combine yogurt, garam masala, paprika, black pepper, salt, cayenne pepper, and coriander in a large bowl. Add chicken strips and toss to coat. Cover and marinate in the refrigerator for 2 hours.
 2. Preheat the oven to 450 degrees F. Grease a rimmed baking sheet.
 3. Remove chicken from marinade and place onto the prepared baking sheet, leaving space between each piece.
 4. Bake in the preheated oven until browned and no longer pink inside, about 10 minutes. Check temperature by inserting an instant-read thermometer, it should read at least 165 degrees F. Remove from oven and set aside.
 5. Make the sauce: Heat oil in a large skillet over medium heat. Add cumin seeds and cook, stirring gently, until lightly toasted and aromatic, about 3 minutes. Add onion; cook and stir until onion begins to soften, 4 to 5 minutes. Add chili peppers, garlic, and ginger; continue to cook and stir until onion is browned, 15 to 20 minutes. Stir in tomatoes, tomato paste, and water; cook, stirring occasionally, until tomatoes begin to break down, about 10 minutes.
 6. Add garam masala, coriander, turmeric, and salt, then stir in chicken and cream until well combined; cover and simmer for 10 minutes. Garnish with cilantro.
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