



WHATSheATE



Chicken in Creamy Tomato Curry: Chicken Tikka Masala

READY IN



85 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 0.3 cup canola oil
- ☐ 1 piece crusty of bread cooked for serving
- ☐ 1 tablespoon fenugreek leaves dried
- ☐ 6 servings cilantro leaves fresh minced for garnish
- ☐ 0.5 cup ginger fresh peeled cut into 1/2-inch slices
- ☐ 1 teaspoon garam masala

- ☐ 0.5 cup heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 teaspoons kosher salt
- ☐ 6 servings oil for grilling
- ☐ 2 teaspoons olive oil
- ☐ 2 teaspoons paprika
- ☐ 1 cup yogurt plain
- ☐ 8 roma tomatoes diced
- ☐ 2 serrano peppers seeds removed if you don't want it spicy) minced
- ☐ 1 pound chicken thighs boneless skinless with a fork, and cut into large bite-sized chunks
- ☐ 2 tablespoons tomato paste
- ☐ 1 cups water
- ☐ 0.5 cup garlic whole

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ immersion blender

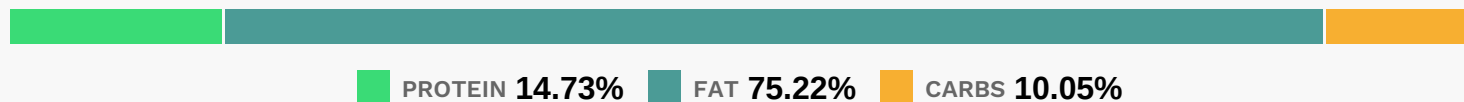
Directions

- ☐ Watch how to make this recipe.
- ☐ For the marinade: In a large bowl, mix together the marinade ingredients.
- ☐ Add the chicken and toss to coat. Marinate at least 30 minutes, or in the refrigerator up to overnight.
- ☐ For the sauce: When you're ready to make the curry, place a large skillet over medium heat and add the olive oil and butter. When the butter has melted, add the Ginger-Garlic Paste and

serrano peppers.

- ☐ Saute until lightly browned around the edges.
- ☐ Add the tomato paste and cook until the tomato has darkened in color, about 3 minutes.
- ☐ Add the garam masala and the paprika and saute for about 1 minute to draw out their flavors.
- ☐ Add the tomatoes, salt, and 1 cup water. Bring to a boil, turn down to a simmer, and cook until thickened, about 20 minutes. You may need more water depending on how much liquid the tomatoes give off.
- ☐ Meanwhile, fire up your grill. When it is nice and hot, lightly brush it with oil.
- ☐ Place the chicken on the grill, shaking off some of the excess marinade. Cook until it's charred, about 2 minutes on each side. (Don't worry that the chicken will still be a little uncooked, it finishes cooking in the sauce).
- ☐ Pour the sauce into a blender or food processor, or use an immersion blender, and process until smooth.
- ☐ Pour back into the skillet and bring back up to a boil.
- ☐ Add the chicken and fenugreek leaves, if using. Take the heat down to a simmer and cook for about 10 minutes.
- ☐ Add the cream and stir through.
- ☐ Garnish with minced fresh cilantro, and serve over rice, with naan, or a crusty piece of bread!
- ☐ Throw the garlic, ginger, and canola oil in a mini-food processor and let it go until it forms a semi-smooth paste. There will still be tiny little pieces in there, but overall, it should resemble a paste.
- ☐ Save what you don't use in a small glass jar. It should last in the fridge for 2 to 3 weeks. It's a delicious addition to marinades, pasta sauces, stir fry sauces, slow-cooker recipes, gravy etc. We always had a jar of this stuff in our fridge growing up.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:2.92, Inflammation Score:-8, Nutrition Score:16.755217438159%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 498.16kcal (24.91%), Fat: 42.4g (65.23%), Saturated Fat: 11.77g (73.56%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 10.71g (3.89%), Sugar: 5.71g (6.35%), Cholesterol: 114.59mg (38.2%), Sodium: 1158.58mg (50.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.68g (37.36%), Vitamin E: 5.7mg (37.99%), Vitamin A: 1650.78IU (33.02%), Vitamin B6: 0.61mg (30.64%), Selenium: 20.71µg (29.58%), Vitamin K: 29.53µg (28.13%), Vitamin B3: 5.17mg (25.86%), Phosphorus: 241.39mg (24.14%), Vitamin C: 17.68mg (21.43%), Manganese: 0.37mg (18.57%), Potassium: 622.12mg (17.77%), Vitamin B2: 0.28mg (16.56%), Vitamin B5: 1.31mg (13.13%), Zinc: 1.82mg (12.14%), Vitamin B12: 0.68µg (11.31%), Magnesium: 43.83mg (10.96%), Calcium: 107.4mg (10.74%), Vitamin B1: 0.15mg (9.82%), Copper: 0.19mg (9.27%), Iron: 1.48mg (8.23%), Fiber: 2.03g (8.13%), Folate: 22.23µg (5.56%), Vitamin D: 0.36µg (2.39%)