



Chicken Tikka Masala

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings naan and/or basmati rice cooked (Indian flatbread)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon cayenne
- ☐ 0.5 cup cilantro plus additional sprigs fresh chopped for garnish
- ☐ 1 tablespoon ginger fresh grated peeled (from 1-inch piece)
- ☐ 1 large clove garlic minced
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 tablespoon ground coriander

- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup heavy cream
- ☐ 1.3 teaspoons kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 teaspoons paprika
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.3 cup whole-milk yogurt plain greek-style
- ☐ 1.5 pounds chicken breasts boneless skinless (3 to 4 breast halves total)
- ☐ 1.5 cups tomato purée canned for a fresh-tomato alternative (see Cook's Notes)
- ☐ 4 tablespoons butter unsalted ()
- ☐ 0.8 cup water
- ☐ 1 large onion white finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin
- ☐ cutting board
- ☐ meat tenderizer

Directions

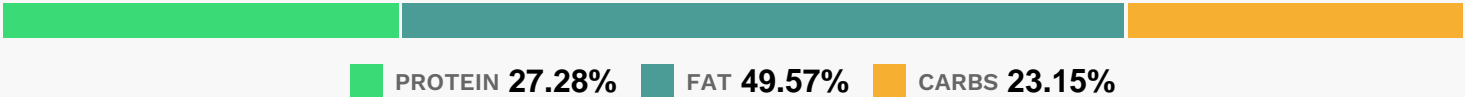
- ☐ Use a fork to prick the chicken breasts all over on both sides. Arrange the chicken breasts on a large sheet of plastic wrap, spacing them apart from one another, then cover with a second

large sheet of plastic wrap. Using the smooth side of a meat mallet or a rolling pin, beat the chicken until the breasts are an even 1/2- to 3/4-inch thickness.

- ☐ In a small bowl, whisk together the yogurt, 1 tablespoon peanut oil, lime juice, and garlic.
- ☐ Add the pounded chicken, and rub the marinade over the meat. Set the chicken aside while you make the sauce.
- ☐ In a small bowl, whisk together the coriander, cumin, cardamom, nutmeg, paprika, cayenne, and grated ginger. In a heavy, wide 4-quart pot or sauté pan over moderately high heat, melt the butter.
- ☐ Add the onion and sauté, stirring occasionally, until light brown and caramelized, about 5 minutes. (Note that because they are sautéed so quickly over moderately high heat, the onions will not caramelize evenly.) Reduce the heat to moderate then stir in the spice and ginger mixture.
- ☐ Add the tomato purée, water, heavy cream, and salt, and bring the sauce to a boil. Reduce the heat to gently simmer the sauce, uncovered, until thickened slightly, about 10 minutes. DO AHEAD: The sauce can be prepared ahead and refrigerated, in an airtight container, up to 3 days.
- ☐ Heat a heavy 11- to 12-inch griddle or skillet over moderately high heat until very hot and add 1/2 tablespoon of peanut oil. Working in two batches, cook the chicken breasts, turning them a few times and lowering the heat if the chicken chars too quickly, until just cooked through and browned well on both sides, 6 to 8 minutes total.
- ☐ Transfer the chicken as cooked to a cutting board. Wipe the griddle or skillet clean with a paper towel and cook the remaining chicken, adding the remaining 1/2 tablespoon peanut oil between batches.
- ☐ When all the chicken is cooked, cut it into 1 1/2-inch pieces.
- ☐ Add the chicken to the simmering sauce and continue to gently simmer it, stirring occasionally, for 5 minutes.
- ☐ Remove the pan from the heat, stir in the black pepper and chopped cilantro, and season with salt. DO AHEAD: Chicken tikka masala can be prepared ahead, cooled, uncovered, and refrigerated, covered, up to 3 days.
- ☐ Transfer the chicken to a serving dish and garnish with additional cilantro sprigs.
- ☐ Serve with naan, and/or if desired with Basmati Rice.
- ☐ •If you prefer to make the sauce with fresh tomatoes, chop 1 pound fresh tomatoes and purée them, including the skins and seeds, in a blender with 1 tablespoon tomato paste and 3/4 teaspoon sugar. When using fresh tomatoes, omit the 3/4 cup water from the recipe. •If you

are really short on time, substitute the meat from a rotisserie chicken.

Nutrition Facts



Properties

Glycemic Index:102.5, Glycemic Load:26.81, Inflammation Score:-9, Nutrition Score:29.067826312521%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 627.38kcal (31.37%), Fat: 34.74g (53.44%), Saturated Fat: 16.43g (102.7%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 32.6g (11.85%), Sugar: 7.22g (8.02%), Cholesterol: 173.2mg (57.73%), Sodium: 1066.11mg (46.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.02%), Vitamin B3: 19.47mg (97.35%), Selenium: 63.95µg (91.36%), Vitamin B6: 1.59mg (79.54%), Phosphorus: 484.92mg (48.49%), Manganese: 0.82mg (40.84%), Vitamin A: 1654.33IU (33.09%), Vitamin B5: 3.21mg (32.08%), Potassium: 1108.7mg (31.68%), Vitamin E: 3.57mg (23.83%), Magnesium: 91.46mg (22.86%), Vitamin B2: 0.36mg (21.01%), Vitamin C: 15.75mg (19.09%), Iron: 3.1mg (17.24%), Copper: 0.34mg (16.97%), Vitamin B1: 0.24mg (15.72%), Fiber: 3.91g (15.64%), Vitamin K: 14.75µg (14.05%), Zinc: 2.03mg (13.51%), Calcium: 118.12mg (11.81%), Folate: 33.48µg (8.37%), Vitamin B12: 0.5µg (8.32%), Vitamin D: 0.86µg (5.71%)