



## Chicken Tikka Masala

 **Gluten Free**  **Popular**

READY IN



**300 min.**

SERVINGS



**6**

CALORIES



**705 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 chiles de árbol dried red crushed
- 28 ounce canned tomatoes whole peeled canned
- 6 cardamom pods crushed
- 0.8 cup cilantro plus sprigs fresh chopped for garnish
- 6 servings rice steamed (for serving)
- 2 teaspoons garam masala
- 6 garlic cloves finely grated
- 4 teaspoons ginger finely grated peeled

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 4 teaspoons ground turmeric
- 2 cups heavy cream
- 1 tablespoon kosher salt
- 1 small onion thinly sliced
- 1.5 cups whole-milk yogurt (not Greek)
- 2 pounds chicken breasts boneless skinless halved lengthwise
- 0.3 cup tomato paste
- 3 tablespoons vegetable oil (clarified butter)

## Equipment

- bowl
- baking sheet
- whisk
- pot
- aluminum foil
- broiler

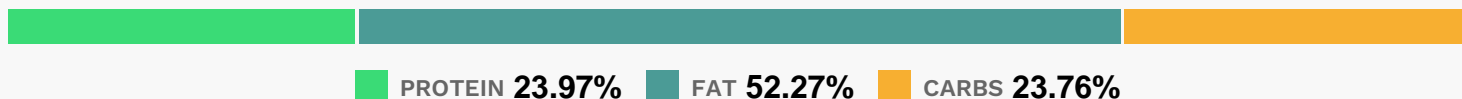
## Directions

- Combine garlic, ginger, turmeric, garammasala, coriander, and cumin in a small bowl.
- Whisk yogurt, salt, and half of spice mixture in a medium bowl; add chicken and turn to coat. Cover and chill 4–6 hours. Cover and chill remaining spice mixture.
- Heat ghee in a large heavy pot over medium heat.
- Add onion, tomato paste, cardamom, and chiles and cook, stirring often, until tomato paste has darkened and onion is soft, about 5 minutes.
- Add remaining half of spice mixture and cook, stirring often, until bottom of pot begins to brown, about 4 minutes.
- Add tomatoes with juices, crushing them with your hands as you add them. Bring to a boil, reduce heat, and simmer, stirring often and scraping up browned bits from bottom of pot, until

sauce thickens, 8–10 minutes.

- Add cream and chopped cilantro. Simmer, stirring occasionally, until sauce thickens, 30–40 minutes.
- Meanwhile, preheat broiler. Line a rimmed baking sheet with foil and set a wire rack inside sheet. Arrange chicken on rack in a single layer. Broil until chicken starts to blacken in spots (it will not be cooked through), about 10 minutes.
- Cut chicken into bite-size pieces, add to sauce, and simmer, stirring occasionally, until chicken is cooked through, 8–10 minutes.
- Serve with rice and cilantro sprigs.
- DO AHEAD: Chicken can be made 2 days ahead. Cover; chill. Reheat before serving.

## Nutrition Facts



## Properties

Glycemic Index: 45.5, Glycemic Load: 25.28, Inflammation Score: -10, Nutrition Score: 31.926521798839%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

## Nutrients (% of daily need)

Calories: 705.09kcal (35.25%), Fat: 41.24g (63.44%), Saturated Fat: 24g (149.98%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 38.41g (13.97%), Sugar: 12.16g (13.51%), Cholesterol: 206.84mg (68.95%), Sodium: 1688.37mg (73.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.55g (85.1%), Vitamin B3: 17.7mg (88.48%), Selenium: 60.39µg (86.28%), Vitamin B6: 1.53mg (76.26%), Manganese: 1.31mg (65.7%), Phosphorus: 550.53mg (55.05%), Potassium: 1300.37mg (37.15%), Vitamin A: 1690.93IU (33.82%), Vitamin B2: 0.56mg (33.22%), Vitamin B5: 3.28mg (32.76%), Calcium: 266.18mg (26.62%), Vitamin C: 20.9mg (25.33%), Magnesium: 100mg (25%), Iron: 3.98mg (22.1%), Zinc: 2.65mg (17.65%), Vitamin E: 2.55mg (17.01%), Vitamin B1: 0.25mg (16.59%), Fiber: 3.76g (15.03%), Copper: 0.29mg (14.73%), Vitamin K: 14.59µg (13.9%), Vitamin B12: 0.8µg (13.38%), Vitamin D: 1.42µg (9.47%), Folate: 35.12µg (8.78%)