



The Best Chicken Tikka Masala

 **Gluten Free**  **Very Healthy**

READY IN



300 min.

SERVINGS



4

CALORIES



1185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 28 ounce canned tomatoes whole peeled mashed canned
- 1 teaspoon ground pepper
- 0.5 cup cilantro leaves roughly chopped
- 3 tablespoons ginger fresh divided grated
- 12 cloves garlic divided grated
- 2 tablespoon ground coriander toasted
- 3 tablespoons ground cumin toasted

- 2 teaspoon turmeric
- 1 cup cup heavy whipping cream
- 0.8 cup pepperoncini pepper juice fresh divided
- 4 servings kosher salt
- 1 large onion thinly sliced
- 3 tablespoons paprika toasted
- 5 pounds squirrels bone-in skinless (breasts, legs, or a mix)
- 2 cups yogurt

Equipment

- bowl
- frying pan
- knife
- whisk
- pot
- blender
- baking pan
- grill
- aluminum foil
- broiler
- dutch oven
- immersion blender
- cutting board
- broiler pan

Directions

- Place the chicken pieces on a cutting board with the flesh-side up. Score deeply at 1-inch intervals with a sharp knife.
- Place in a large rimmed baking dish.

- Combine cumin, paprika, coriander, turmeric, and cayenne in a small bowl and mix well. Set aside 3 tablespoons of spice mixture.
- Combine remaining 6 tablespoons spice mixture, 8 cloves garlic, 2 tablespoons ginger, yogurt, 1/2 cup lemon juice, and 1/4 cup salt in a large bowl and whisk to combine.
- Pour marinade all over chicken pieces, using hands to coat every surface. Cover loosely and refrigerate. Refrigerate and allow to marinate for at least 4 hours and up to 8, turning occasionally.
- Meanwhile, heat butter or ghee in a large Dutch oven over medium-high heat until melted and foaming subsides.
- Add onions, remaining 4 tablespoons grated garlic, and remaining 2 tablespoons ginger. Cook, stirring frequently, until dark and beginning to char in spots, about 10 minutes.
- Add reserved spice mixture and cook, stirring frequently, until fragrant, about 30 seconds.
- Add tomatoes and half of cilantro, scraping up any browned bits from bottom of pan with a spoon. Simmer for 15 minutes, then puree using a hand blender or by transferring to a tabletop blender in batches.
- Stir in cream and remaining quarter cup lemon juice. Season to taste with salt, then set aside until chicken is cooked.
- TO COOK ON THE GRILL:** Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread the coals evenly over half of coal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Wipe excess marinade off chicken and place over hot side of grill, flesh-side-down. Grill without moving until well charred, 5 to 7 minutes. Flip chicken and cook until second side is charred, another 4 to 5 minutes. (Chicken will not be completely cooked through—this is ok).
- Transfer to cutting board and allow to rest 10 minutes.
- TO COOK UNDER THE BROILER:** Line a broiler pan with heavy duty aluminum foil and preheat the broiler to high with the rack set 6 inches below broiler element. Wipe excess marinade off chicken and place on foil-lined pan, flesh side up. Broil until charred and blackened on surface, about 8 minutes (chicken will not be completely cooked through—this is ok).
- Transfer to cutting board and allow to rest 10 minutes.
- Remove chicken from bone using a sharp knife and cut into rough bite-sized chunks.
- Transfer chicken chunks to pot of sauce. Bring to a simmer over medium heat and cook, stirring frequently, until chicken is just cooked through, about 10 minutes.
- Sprinkle with remaining cilantro, then serve immediately with rice or Grilled Naan

Nutrition Facts

PROTEIN 44.67% FAT 43.41% CARBS 11.92%

Properties

Glycemic Index:67.69, Glycemic Load:5.23, Inflammation Score:-10, Nutrition Score:56.162608810093%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg

Nutrients (% of daily need)

Calories: 1184.58kcal (59.23%), Fat: 57.04g (87.75%), Saturated Fat: 28.26g (176.64%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 28.46g (10.35%), Sugar: 19.17g (21.29%), Cholesterol: 510.15mg (170.05%), Sodium: 1095.61mg (47.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 132.05g (264.1%), Vitamin B3: 49.35mg (246.74%), Vitamin B6: 3.06mg (152.87%), Selenium: 96.71µg (138.16%), Phosphorus: 1256.8mg (125.68%), Vitamin A: 4860.82IU (97.22%), Vitamin B2: 1.33mg (78.31%), Vitamin B5: 7.15mg (71.53%), Zinc: 10.71mg (71.4%), Iron: 12.41mg (68.93%), Potassium: 2358.46mg (67.38%), Magnesium: 230.58mg (57.65%), Vitamin C: 40.83mg (49.49%), Vitamin B12: 2.67µg (44.5%), Manganese: 0.89mg (44.48%), Vitamin B1: 0.65mg (43.58%), Calcium: 425.56mg (42.56%), Vitamin E: 5.43mg (36.18%), Copper: 0.63mg (31.37%), Vitamin K: 30.59µg (29.14%), Fiber: 6.76g (27.06%), Folate: 80.1µg (20.02%), Vitamin D: 1.64µg (10.94%)