



Dinner Recipe: Chicken Tikka Masala

Tikka Masala

- 1 cup of yogurt
- 1 tablespoon of lemon juice
- 2 tablespoons of Life is a Recipe® Tikka Masala Part 1
- 1 tablespoon of minced fresh ginger
- 1 whole chicken cut in 8-10 pieces. No skin and no fat.
- 1 tablespoon of ghee
- 1 clove of garlic
- 1 -3 Serrano chillies finely chopped
- 2 tomatoes chopped
- 1/2 cup of Heavy whipping cream or coconut milk
- less the 1 teaspoon of salt
- 2 teaspoon of Life is a Recipe® Tikka Masala Part 2
- 1/4 cup chopped fresh cilantro
- *Add more salt to taste.

Green Beans

- 1 pound green beans (fresh)
- 3 tablespoons ghee
- 1/2 teaspoon mustard seeds
- 2 cloves of garlic (fresh, chopped)
- 1 teaspoon salt
- 1 teaspoon black lentil
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon red chili powder

Lemon Pickle

6 large lemons
½ teaspoon of salt
½ teaspoon red chili powder
¾ teaspoon of Life is a Recipe® Garam Masala
5 teaspoons sugar

Chai Flan

2 cans of condensed milk
8 eggs
1 teaspoon vanilla extract
1 teaspoon Chai Masala
¾ cup of sugar
water

Chicken Tikka Masala

1. In a large bowl, combine yogurt, lemon juice, 2 teaspoons of salt, and 2 tablespoons of Tikka Masala Part 1.
2. Stir in with chicken, cover with plastic wrap and refrigerate for 1 hour.
3. Preheat the oven to 350 degrees.
4. Lightly oil the pan.
5. Bake until the juices run clear.
6. Melt butter in a large skillet on medium heat.
7. Sauté garlic, ginger, and Serrano chili for 1 minute then add chopped tomatoes.
8. Cover with lid for tomatoes to cook.
9. Add 2 teaspoons of Tikka Masala Part 2 and less the 1 teaspoon of salt mix together.
10. Add the chicken to this mixture stir then add the 1/2 cup of cream or coconut milk, but find the cream makes this dish yummier.
11. Add salt to taste.
12. Reduce to simmer for 10 minutes for juice to vaporize and garnish with cilantro.
13. Serve on a bed of rice.

Green Beans with Garlic

1. Wash green beans well. Cut off ends and then break in half.
2. In a pan add in ghee and warm on medium heat.
3. Add in mustard seeds.

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4. When the seeds begin to pop, add in garlic and lentils.
 5. When the lentils turn light brown, add in green beans, salt, turmeric, and red chili.
 6. Mix well and cover.
 7. Reduce heat to medium-low.
 8. Cook until green beans are soft but crunchy.

Quick Lemon Pickle

1. Wash lemons and cut into halves. Cut each half into 8 slices.
2. Remove seeds. In a large bowl, add lemon slices, salt, chili powder, and Life is a Recipe® Garam Masala.
3. Mix well.
4. Microwave for 7 minutes.
5. Remove from microwave and stir well.
6. Microwave again for 5 minutes.
7. Next, add in sugar and stir well.
8. Microwave for 4 more minutes.
9. Let the mixture cool and then store in a glass jar.

Chai Infused Flan

1. Preheat the oven to 400°.
2. In a saucepan, add in sugar and ¼ cup of water and boil over medium heat until the sugar dissolves and becomes caramel.
3. In a blender, add in eggs, condensed milk, Chai Masala, vanilla extract, 1 cup of water and blend.
4. Next, in a pre-greased glass tray, pour caramel and spread evenly.
5. Pour egg mixture over the caramel.
6. Place the glass tray into a larger glass tray that is filled half way with water.
7. Place in the oven and bake for 1 hour.
8. Check flan with a toothpick.
9. When finished, let cool.
10. Place plate over flan and flip flan over.

11. Enjoy.