



## Lunch Recipe: BBQ Tikka Masala

### Part 1: The Marinade

- 1 Whole chicken cut in 8-10 pieces (no skin, no fat)
- ½ Cup plain non-fat yogurt
- 1 Clove of garlic (peeled and crushed)
- 1 ½ Tsp minced fresh Ginger
- 1 Cup of yogurt
- 1 Tbsp of lemon juice
- 2 Tbsp of Tikka Masala Part 1
- 2 Tsp of Salt

### Part 2: The Sauce

- 2 Tbsp minced fresh ginger
- 2 Tbsp ghee
- 2 Clove of garlic (chopped)
- 2 Serrano Chilies (finely chopped)
- 4 Tomatoes (chopped)
- 1 Cup of Heavy whipping cream or coconut milk
- 1 ½ tsp of salt
- 4 tsp of Tikka Masala Part 2
- ½ Cup chopped fresh cilantro
- \*Add more salt to taste.

## Instructions

1. Using a sharp knife, cut slashes in the flesh of the chicken to allow the marinade to penetrate. In a large bowl, combine yogurt, garlic, ginger, lemon juice, 2 teaspoons of salt, and 2 tablespoons of Tikka Masala Part 1. Stir in with chicken, cover with plastic wrap and refrigerate overnight. Remove chicken from the refrigerator 3 to 4 hours before grilling. Melt ghee in a large skillet on medium heat. Sauté garlic, ginger, and serrano chili for 1 minute then add chopped tomatoes. Cover with lid and allow tomatoes to cook. Add 2 teaspoon of Tikka Masala Part 2 and 1 teaspoon of salt. Next, add 1 cup of cream or coconut milk. Add more salt to taste. Reduce to simmer for

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10 minutes for juice to vaporize and garnish with cilantro.  
Heat grill to 500 degrees, keeping grill covered. Remove excess marinade before adding chicken to the grill. Cook chicken for 25-30 minutes, turning chicken often to cook evenly. Optimal temperature is 165 degrees. Serve with corn on the cob.