



Dinner Recipe: Chicken Tikka Masala

Ingredients

- 1 cup of yogurt
- 1 tbsp of lemon juice
- 2 tbsp of Life is a Recipe® Tikka Masala Part 1
- 1 tbsp of minced fresh ginger
- 1 whole chicken cut in 8-10 pieces (no skin, no fat)
- 1 tbsp of ghee
- 1 clove of garlic
- 1-3 Serrano finely chopped
- 2 tomatoes chopped
- 1/2 cup of heavy whipping cream or coconut milk
- 1/2 tsp of salt
- 2 tsp of Life is a Recipe® Tikka Masala Part 2
- ¼ cup chopped fresh cilantro
- *Add more salt to taste

Instructions

1. In a large bowl combine yogurt, lemon juice, 2 teaspoons of salt, and 2 tablespoons of Life is a Recipe® Tikka Masala Part 1.

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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 ghee 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 and allow tomatoes to cook.
 9. Add 2 teaspoons of Life is a Recipe® Tikka Masala Part 2 and ½ teaspoon of salt.
 10. Add the chicken to the mixture and stir.
 11. Next, add 1/2 cup of cream or coconut milk, but I find the cream makes this dish yummiier.
 12. Add more salt to taste.
 13. Reduce to simmer for 10 minutes for juice to vaporize and garnish with cilantro.
 14. Serve on a bed of rice.