

Lunch Recipe:
Chicken Tikka Tacos

Chicken Tikka Tacos Pt 1

1 whole chicken cut in 8-10 pieces no skin no fat

1 cup of yogurt

1 tbsp of lemon juice

2 tbsp of Life is a Recipe® Tikka Masala Part 1

2 tsp of salt

Chicken Tikka Tacos Pt 2

1 tbsp minced fresh ginger

1 tbsp ghee

1 clove of garlic (chopped)

1 -3 serrano (finely chopped)

2 tomatoes (chopped)

1/2 cup of heavy whipping cream or coconut milk

1 tsp of salt

2 tsp of Life is a Recipe® Tikka Masala Part 2

2 ¼ cup chopped fresh cilantro

10 corn tortillas

1 cup shredded mozzarella cheese

*add more salt to taste.

Instructions

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. Lightly oil the pan.
4. Bake until the juices run clear.
5. Melt ghee in a large skillet on medium heat.
6. Sauté garlic, ginger, and serrano chili for 1 minute then add chopped tomatoes.
7. Cover with lid and allow tomatoes to cook.
8. Add 2 teaspoon of Tikka Masala Part 2 and 1 teaspoon of salt.
9. Add the chicken to the mixture and stir.
10. Next, add 1/2 cup of cream or coconut milk, but find the cream makes this dish yummier.
11. Add more salt to taste.
12. Reduce to simmer for 10 minutes for juice to vaporize and garnish with cilantro.
13. Put another pan on medium heat.
14. Add 1 tablespoon of oil and place a tortilla in the pan.
15. After 20 seconds, flip tortilla and place shredded mozarella cheese on top.
16. Wait until the cheese is slightly melted and place the shredded chicken tikka masala on top of the cheese.
17. After 30 seconds, fold tortilla in half. And serve.