

Tikka Masala

- 1 Cup Yoghurt (Unflavoured)
- 1 Tbsp Lemon Juice
- 2 Tbsp Cumin (Ground)
- 1 Tsp. Cinnamon (Ground)
- 2 Tsp. Cayenne Pepper
- 2 Tsp. Black Pepper (Ground)
- 1 Tbsp Fresh Ginger (Minced)
- 4 Tsp. Salt (or to taste)
- 3 - Chicken Breasts (Boneless, skinless, cut into bite size pieces)



☐ In large bowl, combine yoghurt, lemon juice, cumin, cinnamon, cayenne pepper, black pepper, ginger and salt.

☐ Add chicken, stir to coat well. Cover and refrigerate for 1 hour.

- 1 Tbsp Butter
- 1 - Clove Garlic (Minced)
- 1 - Jalapeno Pepper (Fresh, chopped)
- 2 Tsp. Cumin (Ground)
- 2 Tsp. Paprika
- 3 Tsp. Salt
- 1 can Tomato Sauce (8 oz. / 236 ml)
- 1 Cup Heavy Cream
- 1/4 Cup Cilantro (Fresh, Chopped)

☐ Preheat skillet on high heat.

☐ Lightly oil skillet. Grill chicken until juices run clear (approx 5 min each side).

☐ In a second skillet, melt butter on medium heat.

☐ Saute garlic and jalapeno for 1 minute.

☐ Add cumin, paprika and salt.

☐ Stir in tomato sauce and heavy cream.

☐ Simmer on low heat until sauce thickens (approx 20 minutes).

☐ Add chicken and simmer for an additional 10 minutes.

☐ Transfer to a serving dish. Garnish with fresh cilantro.

☐ Serve with rice or roti.

Yield: 4 servings

Comments: 1) Remove seeds and membranes from Jalapeno to reduce spiciness.

2) Would make a great put luck dish.