

Chicken Tikka Masala

Preparation Time: 10 - 20 minutes • Cook Time: 40 minutes

Serves 4 - 6

Spice Packet Contains:

Ground coriander, ground ginger, ground cumin, salt, paprika, almond meal, chili powder, turmeric, ground nutmeg, ground black pepper, ground cardamom, cayenne pepper

**Extra packet of hot chili powder*

You Will Need:

1 large onion, chopped

2 cloves garlic, crushed

2 tablespoons butter or cooking oil of your choice

2 - 3 pounds boneless chicken breasts
cut into 1 or 2-inch pieces

2 tablespoons lime or lemon juice

1 cup heavy cream.

(May substitute Greek-style yogurt or coconut milk)

1 small can tomato paste

1 cup chicken broth

½ cup chopped fresh cilantro
plus extra sprigs for garnish, if desired

Method:

In a 4 - 5 quart pot, cook the diced onions in the melted butter or oil until translucent.

Add the garlic and cook for a minute more.

Turn down the heat and add the contents of the larger spice packet. Cook for another few seconds, stirring constantly.

Add the chicken pieces and mix until coated with the onion/garlic/spice mixture.

To prevent the dairy from curdling, turn off the heat and add the lemon/lime juice, cream/yogurt/coconut milk, tomato paste and chicken broth. Mix together.

Turn the heat on again and simmer (on low heat) while covered, stirring occasionally for 30-40 minutes or until the sauce has reduced to the desired thickness. Stir in additional water if sauce is too thick.

**Taste and add extra chili powder, a little at a time, if you like it hotter.*

Add the chopped cilantro if desired and mix.

**Tip: Begin cooking the rice while the dish simmers.*

Vegetables of your choice, e.g. cauliflower, green beans, eggplant may be added about 10 minutes before cooking time is complete.

Serve over Basmati rice, garnished with cilantro sprigs and with a green salad. Enjoy!