



EAT MORE BURN MORE

CHICKEN TIKKA MASALA



Active time: 20 minutes

Cook time: 20 minutes

Yield: 4 servings

INGREDIENTS:

2 lbs skinless, boneless chicken breasts, cut into strips	1½ cups plain Greek yogurt
6 garlic cloves, finely grated	3 tbsps extra-virgin olive oil
4 tps finely grated peeled ginger	1 small onion, thinly sliced
2 tps ground curry	¼ cup tomato paste
4 tps garam masala	6 cardamom pods, crushed
2 tps ground cumin	1 small can diced tomatoes
½ tsp Cayenne pepper	1 cup coconut milk
	¾ cup chopped fresh cilantro
	Salt to taste

PREPARATION:

1. Combine garlic, ginger, cayenne pepper, curry, garam masala, and cumin in a small bowl.
2. Whisk yogurt, salt, and half of spice mixture in a medium bowl; add chicken and stir to coat. Cover and chill overnight.
3. When the chicken is marinated, heat olive oil in a large heavy pot over medium heat. Add the other half of the spices and let them 'toast' for a few seconds, then add onion, tomato paste, and cardamom, and cook, stirring often, until tomato paste has darkened and onion is soft, about 5 minutes.
4. Add marinated chicken (including marinade), and diced tomatoes. Bring to a simmer, stirring often, and cook for about 15 minutes. Add the coconut milk and simmer slowly for an extra 5 minutes.
5. Salt to taste. Sprinkle with cilantro and serve with brown basmati or jasmine rice, and vegetables.

Timesaver: This dish can be prepared 2 days ahead. Cover and chill. Reheat before serving.