



Chicken Tikka Masala

20'
Hands on

20'
Cook Time

2-4
Portion(s)

2
Difficulty



Method

For the marinade

- Preheat the oven to 180° C (350° F) set to fan.
- In a bowl add the turmeric, the cumin, the chili, the coriander, the paprika, salt, pepper, and mix.
- Add the yogurt and mix well until the ingredients are homogenized.
- **Cut** the chicken into small pieces and add it to the bowl with the marinade. Ideally, cover it with plastic wrap and refrigerate for 2-3 hours.
- Spread the chicken into a baking pan and bake for 15 minutes.

For the rice

- Place a **pot** with boiling water over low heat.
- Add the rice, the olive oil, salt, pepper, the bay leaf, the lemon peels, and cover the pot with the lid.
- Simmer for 10-12 minutes.

For the sauce

- Place a **frying pan** over high heat and add the olive oil.
- Finely chop the onion, the garlic, and add them to the pan.
- Add the sugar, the turmeric, the cinnamon, the bay leaf, and mix.
- Deglaze the pan with the water, add the grated tomatoes, the tomato paste, and mix.
- Add the heavy cream, salt, pepper, and simmer for 3-4 minutes.
- Transfer the chicken to the sauce, add the coriander finely chopped, and mix. Keep boiling for 1-2 minutes until the sauce thickens.
- Serve the chicken with the rice and the coriander.

Ingredients

For the marinade

- 1 tablespoon(s) turmeric
- 1 teaspoon(s) cumin
- 1 teaspoon(s) chili powder
- 1 teaspoon(s) coriander, grated
- 1 teaspoon(s) paprika, smoked
- salt
- 150 g strained yogurt
- 500 g chicken thigh fillet

For the rice

- 250 g basmati rice
- 500 g water
- 2-3 tablespoon(s) olive oil
- salt
- pepper
- 1 bay leaf
- lemon peels, of 1 lemon

For the sauce

- 2 tablespoon(s) olive oil
- 1 onion
- 2 clove(s) of garlic
- 1 tablespoon(s) granulated sugar
- 1 teaspoon(s) turmeric
- 1 stick(s) cinnamon
- 1 bay leaf
- 100 g water
- 200 g tomatoes, grated
- 1 tablespoon(s) tomato paste
- 70 g heavy cream 35%
- salt
- pepper
- 1/4 bunch coriander

To serve

- coriander

Διατροφικός πίνακας

Nutrition information per portion

462 Calories (kcal)	15.0 Total Fat (g)	4.1 Saturated Fat (g)	50.0 Total Carbs (g)
23%	21%	21%	19%
9.8 Sugars (g)	30.0 Protein (g)	3.1 Fibre (g)	1.5 Sodium (g)
11%	60%	12%	25%