

CHICKEN TIKKA MASALA

Chicken Tikka Masala is creamy and easy to make right at home in one pan with simple ingredients!

Full of incredible flavours, it rivals any Indian restaurant! Aromatic golden chicken pieces in an incredible creamy curry sauce, this Chicken Tikka Masala recipe is one of the best you will try!

PREP: 15 MINS

COOK: 30 MINS

TOTAL: 45 MINS

SERVES: - 6 PEOPLE

INGREDIENTS

For the chicken marinade:

- 28 oz (800g) boneless and skinless chicken thighs cut into bite-sized pieces
- 1 cup plain yogurt
- 1 1/2 tablespoons minced garlic
- 1 tablespoon ginger
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon Kashmiri chili (or 1/2 teaspoon ground red chili powder)
- 1 teaspoon of salt

For the sauce:

- 2 tablespoons of vegetable/canola oil
- 2 tablespoons butter
- 2 small onions (or 1 large onion) finely diced
- 1 1/2 tablespoons garlic finely grated
- 1 tablespoon ginger finely grated
- 1 1/2 teaspoons garam masala
- 1 1/2 teaspoons ground cumin
- 1 teaspoon turmeric powder
- 1 teaspoon ground coriander
- 14 oz (400g) tomato puree (tomato sauce/Passata)
- 1 teaspoon Kashmiri chili (optional for colour and flavour)
- 1 teaspoon ground red chili powder (adjust to your taste preference)
- 1 teaspoon salt
- 1 1/4 cups of heavy or thickened cream (use evaporated milk for lower calories)
- 1 teaspoon brown sugar
- 1/4 cup water if needed
- 4 tablespoons Fresh cilantro or coriander to garnish

INSTRUCTIONS

- In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 10 minutes to an hour (or overnight if time allows).



This is the chicken after it has been marinated, along with the ingredients required pre-measured and ready to go for the recipe

- Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)

Picture 1: Browning chicken in batches
Picture 2 browned chicken set aside



- Melt the butter in the same pan. Fry the onions until soft (about 3 minutes) while scraping up any browned bits stuck on the bottom of the pan.

Picture 3: Frying onions



- Add garlic and ginger and sauté for 1 minute until fragrant, then add garam masala, cumin, turmeric and coriander. Fry for about 20 seconds until fragrant, while stirring occasionally.

Picture 4: garlic, ginger sautéed adding spices



- Pour in the tomato puree, chili powders and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.

Picture 5: tomato puree with added spices simmering



- Stir the cream and sugar through the sauce. Add the chicken and its juices back into the pan and cook for

an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling. Pour in the water to thin out the sauce, if needed.

Picture 6: Cream added to tomato puree

Picture 7: Chicken added into tomato/cream mixture



Garnish with cilantro (coriander) and serve with hot garlic butter rice and fresh homemade Naan bread!

NUTRITION

Calories: 580kcal | Carbohydrates: 17g | Protein: 36g | Fat: 41g | Saturated Fat: 19g | Cholesterol: 250mg | Sodium: 1601mg | Potassium: 973mg | Fiber: 3g | Sugar: 8g | Vitamin A: 1895IU | Vitamin C: 19.5mg | Calcium: 171mg | Iron: 4.1mg

Picture 8: Finished on the plate ready to eat for dinner



I made my own Naan (see the pictures) The instructions are below. Its not difficult, but it is



easier to just buy it from the supermarket lol!





TIPS ON HOW TO MAKE NAAN

- First, you're going to activate your yeast.
- Then, mix all of the ingredients together until the dough comes together with your hands.
- Knead until smooth, then transfer to a lightly greased bowl. You can use the same bowl you mixed the dough in to save dishes.
- Cover with plastic wrap and let double in size.
- Divide dough into 10 balls and roll each piece into large ovals about 6-inches long and 1/8-inch thick. The thinner you roll them, the more air pockets form inside them while cooking.



- Get a lightly greased skillet nice and HOT. The high heat makes the dough rise fast and fills the breads with air.
- Cook until bubbles form, then flip and cook until large golden spots appear on the underside. Flatten the breads with a spatula while cooking to ensure they cook through.



- Wrap cooked naan in a clean kitchen towel and keep them wrapped while cooking remaining breads.
- Optional: brush warm cooked naan with a little melted butter; top with coarse salt and fresh chopped cilantro.

Serve with anything, from soups to stews or curries like **Tikka Masala** or **Butter Chicken**. Naan can also be eaten on its own or used to make wraps. Substitute them for tortillas for quesadillas, or for simple naan pizzas!



HOW TO STORE NAAN

When cooked, let cool completely to room temperature to prevent condensation. Transfer to ziplock bags and store at room temperature for up to 2 days, or refrigerate for up to 4 days.

FREEZE NAAN

Follow steps above and store in the freezer for up to 2 months. Frozen naan thaws quickly at room temperature. Reheat in the microwave or on a skillet at low-medium heat.

Soft Naan Bread

Soft Naan bread with golden brown spots just like the best Indian restaurants. The BEST easy recipe out there! Perfect to mop up curries.

Prep Time 15 mins

Cook Time 10 mins RISE 1 hr

Total Time 1 hr 25 mins

Course: BreadCuisine: IndianKeyword: naan

breadServings: 10 servesCalories: 289kcal

Ingredients

NAAN BREAD

- 1/4 cup warm water
- 2 teaspoons granulated sugar
- 1 1/2 teaspoons active dry yeast, or instant (rapid rise)
- 3/4 cup warm milk
- 3/4 cup plain Greek yogurt, or natural plain yogurt

- 1/4 cup vegetable oil, plus 2 tablespoons extra for cooking
- 4 cups plain flour plus extra for dusting -- (19 1/2 oz. or 560g)
- 1 teaspoon baking powder
- 1 teaspoon salt

GARLIC BUTTER TOPPING

- 1/4 cup butter, melted (optional)
- 2 cloves garlic, minced
- 1 teaspoon fresh chopped cilantro or parsley

Instructions

FOR NAAN BREAD

- Combine together the water, sugar and yeast. Let sit for 5-10 minutes or until the mixture begins to bubble on top
- Add in the milk, yogurt, oil, flour baking powder and salt. Mix until the dough comes together with your hands.
- Turn dough out onto lightly floured surface. Use floured hands to knead the dough until smooth, about 3 to 5 minutes.
- Lightly grease the same mixing bowl with a small spray of cooking oil. Transfer dough to the bowl and cover with plastic wrap. Let rest at room temperature for about an hour until doubled in size.
- When ready to cook, divide the dough into 10 equal pieces. Roll into balls, then use a rolling pin to roll each piece of dough into a large oval, about 6-inches long and 1/8-inch thick. Repeat with remaining dough.

- Heat a large cast iron skillet over medium-high heat. Grease skillet all over with 1/2 teaspoon of the extra oil.
- Place one piece of the naan on the oiled hot skillet and cook until bubbles form on top, about 1-2 minutes. While cooking, brush the top with a little oil.
- Flip and cook for another 1-2 minutes, until large golden spots appear on the bottom.
- Remove from the skillet and wrap in a clean kitchen towel. Repeat with the remaining naan (keep them wrapped in a towel while you work).

FOR OPTIONAL GARLIC BUTTER TOPPING

- Combine melted butter and minced garlic together in a bowl. Brush each naan with the garlic butter and top with the fresh herb of your choosing.

Nutrition

Calories: 289kcal | Carbohydrates: 38g | Protein: 6g | Fat: 12g | Saturated Fat: 7g | Fiber: 2g | Sugar: 3g

