



Chicken Tikka Masala

NIBBLEDISH CONTRIBUTOR

Ingredients

- Chicken cutlets - 2-3 pieces of fresh ginger - 4 cloves of garlic - 1 medium onion - 1/2 teaspoon of garlic - 1/2 teaspoon of red chili powder - 1/2 teaspoon of garam masala - 2 teaspoons of tomato paste - 1 cup lemon juice - 1 cup plain yogurt (lowfat or plain is fine but no nonfat!) - 3/4 cup vegetable oil

Instructions

1. Cut chicken cutlets into smaller bite-size pieces. 2. In blender or food processor, blend garlic, ginger, and onion on high into a paste. 3. Mix paste with the red chili powder, garam masala, tomato paste, lemon juice, and vegetable oil. 4. Marinate the chicken in the mixture for at least an hour or up to overnight. 5. Heat a large saucepan and saute the chicken. It will be wet with the marinade and that is fine but leave the remaining marinade set aside. 6. Once the chicken is cooked, add it back to the marinade and add the marinade to a baking dish that you can put in the oven. 7. Cook in a pre-heated 350-degree oven for 30-40 minutes. 8. Serve over basmati rice and enjoy!