



Chicken Tikka Masala

NIBBLEDISH CONTRIBUTOR

Ingredients

Masala Marinade:

- 1/2 cup of yoghurt
- 1 clove of garlic
- 1 teaspoon of grated ginger
- 1/2 teaspoon of ground cumin
- 1/2 teaspoon of ground coriander
- pinch of ground cardamon
- pinch of turmeric
- 1/2 teaspoon of cayenne pepper

Main ingredients:

- 500 grams of chicken breast, cut into pieces
- 1/2 red bell pepper, chopped roughly
- 1 tomato, chopped roughly
- 1/2 onion, chopped roughly

Sauce:

- 1 tablespoon of oil
 - handful of cashews
 - 3 medium tomatoes, skin removed
 - 1 large onion, finely chopped
 - 1 clove of garlic, minced
 - 1 teaspoon of garam masala
 - 1 teaspoon of cayenne pepper
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Instructions

1. Mix marinate ingredients, place chicken inside, coat it thoroughly and refrigerate overnight.
2. Use 1/3 of marinate for vegetables (tomato, onion, bell pepper)
3. Remove chicken from marinate and grill 8 minutes, turn and add vegetables, continue grilling about 5 minutes.
4. Meanwhile heat oil, fry ginger, garlic and onion, about 5 minutes.
5. Add bit of water and remaining spices, mix well and continue simmering.
6. Blend caschews with tomatoes and add to the frying pan, simmer 20 minutes.
7. Add grilled chicken with vegetables, mix well, let it simmer 5 minutes more.
8. Serve with naan or rice.