



chicken tikka masala

Ingredients

- 1 cup plain yogurt
- 1 tablespoon lemon juice
- 4 teaspoons ground cumin, divided
- 1 teaspoon ground cinnamon
- 2 teaspoons cayenne pepper
- 2 teaspoons freshly ground black pepper
- 1 tablespoon fresh ginger, minced
- 2 teaspoons salt, divided (or to taste)
- 3 boneless, skinless chicken breasts, cut into bite-size pieces
- 4 long skewers
- 1 tablespoon butter
- 1 clove garlic, minced
- 1 jalapeño pepper, finely chopped
- 2 teaspoons paprika
- 1 (8-ounce) can tomato sauce
- 1 cup heavy cream
- ¼ cup chopped fresh cilantro, for garnish

Instructions

1. Marinate the chicken:

In a large bowl, whisk together yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 1 teaspoon salt. Add chicken and mix well to coat. Cover and refrigerate for at least 1 hour.

2. Grill the chicken:

Preheat grill to high heat. Lightly oil the grill grate. Thread the marinated chicken pieces onto skewers, discarding any leftover marinade. Grill for about 5 minutes on each side, or until the chicken is cooked through and slightly charred.

3. Make the sauce:

In a large skillet over medium heat, melt the butter. Add garlic and jalapeño; sauté for 1 minute until fragrant. Stir in the remaining 2 teaspoons cumin, paprika, and the remaining 1 teaspoon salt.

4. Simmer the curry:

Pour in the tomato sauce and cream. Reduce heat to low and simmer uncovered for about 20 minutes, or until the sauce thickens slightly.

5. Finish the dish:

Add the grilled chicken to the sauce and simmer for an additional 10 minutes, allowing the flavors

to blend.

6. **Serve:**

Transfer to a serving dish, garnish with chopped cilantro, and serve hot over basmati rice or with warm naan or pita bread.