

## Raciones para 1

4  
Boneless, skinless chicken breasts  
4 tablespoons  
Tandoori paste  
2 tablespoons  
Plain yogurt  
2 tablespoons  
Sunflower oil  
1 stick  
Cinnamon  
8  
Cardamom seeds  
1  
Large onion, peeled and chopped  
1 piece  
Fresh ginger (approx. 3 cm), peeled and chopped  
2  
Garlic cloves, peeled and crushed  
1 teaspoon  
Ground cumin  
1 teaspoon  
Ground coriander  
1/2 teaspoon  
Ground turmeric  
1/2 teaspoon  
Cayenne pepper  
200 g  
Canned chopped tomatoes  
150 ml  
Chicken broth or water  
1.5 teaspoons  
Garam masala  
1/2 teaspoon  
Salt  
  
Fresh parsley (optional)

- 1 To start, cut the chicken into bite-size pieces and mix with the tandoori paste and plain yogurt. Marinate in the fridge for a couple of hours, preferably in a non-metal container. Remember to stir it from time to time so that it soaks well.
- 2 Heat the oil in a pan and add the cinnamon stick, cardamom seeds and chopped onion. Fry everything over medium heat for 5-6 minutes or until it starts to brown. Add the fresh ginger, garlic, cumin, coriander, turmeric and cayenne pepper and cook for about a minute more.
- 3 Then add the chicken with its marinade and cook it all for 3-4 minutes.
- 4 Finally, add the chopped tomato, the chicken broth or water, the garam masala and the salt. Cook over low heat for 10 minutes or until the chicken is done inside.
- 5 Serve the Chicken Tikka Masala with fresh parsley on top, accompanied by naan bread and natural yogurt sauce.

## Chef's Notes

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<https://cookinglovers.teka.com/es/receta/pollo-tikka-masala-con-salsa-de-yogur/>

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