Chicken Tikka Masala with yogurt sauce

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

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