

Treasure Barrel

Easy Chicken Tikka Masala

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Easy** Difficulty	**Indian** Cuisine

Ingredients

Chicken Marinade

- [ ] 1 lb (450 g) boneless skinless chicken thighs, cut into 1 ½" cubes
- [ ] 3¼ cup plain Greek yogurt
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp ground cumin
- [ ] 1 tsp ground coriander
- [ ] 1 tsp garam masala
- [ ] 1½ tsp smoked paprika
- [ ] 1¼ tsp turmeric
- [ ] 1¼ tsp cayenne pepper
- [ ] Salt to taste

The Masala Sauce

- [ ] 1 tbsp vegetable oil
- [ ] 1 medium onion, finely chopped
- [ ] 2 garlic cloves, minced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 1 can (14 oz/400 g) crushed tomatoes
- [ ] 1 tsp sugar
- [ ] 1½ cup heavy cream or coconut milk

Garnish

- [ ] 2 tbsp chopped fresh cilantro

Instructions

1. Start by grabbing a large bowl. Whisk together your plain Greek yogurt, lemon juice, ground cumin, ground coriander, garam masala, smoked paprika, turmeric, cayenne, and a pinch of salt. Once it's smooth, toss in those chicken thighs and coat them evenly. Cover the bowl and let them nap in the fridge for 15-20 minutes; this is where the flavor really sinks in.

2. Heat your vegetable oil in a skillet over medium-high heat. Toss in the finely chopped onion and sáuté until they're translucent—usually takes about 4 minutes. It smells so lovely at this stage.

3. Stir in the minced garlic and grated fresh ginger. Just cook them for about 1 minute until they're fragrant. Be careful not to let the garlic brown too much, or it can get a bit bitter.

4. Now, sprinkle in 1 tsp sugar. Give it a good stir to deglaze the pan, scraping up all those little browned bits from the bottom—that's where the soul of the sauce lives.

5. Pour in the crushed tomatoes. Turn the heat down to medium and let it simmer for 8 minutes. You're looking for it to thicken up just a little bit.

6. Using a slotted spoon, gently add the marinated chicken to the pan. I mean, just the chicken—we don't want the excess yogurt coming along for the ride. Cook it uncovered for 12-15 minutes. Stir every now and then until the chicken is opaque and the sauce looks rich and thick.

7. Stir in your heavy cream (or coconut milk if you prefer) and bring it to a very gentle simmer. Turn the heat down to low and just let it all marry for 5 minutes. It's so comforting to watch it turn that creamy orange color.

8. Give it a taste. Add a bit more salt or a pinch of garam masala if you're feeling it. Once it's just right, remove it from the heat and let it rest for 3 minutes.

9. Sprinkle that fresh cilantro over the top for a pop of color and freshness. Serve it hot over steamed basmati rice or with some warm naan bread.

10. Honestly, it's just wonderful with a side of cucumber raita or a simple green salad to round everything out.

Nutrition per serving

420 kcal	30 g	14 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Chicken thighs are my secret for keeping this juicy, but breasts work if you prefer lean meat.
- Using a slotted spoon for the chicken is key to keeping the sauce from getting too thin.
- Letting the sauce 'marry' on low heat at the end makes a world of difference in the depth of flavor.