

Instant Pot Chicken Tikka Masala

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-tikka-curry-instant-pot-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 pound chicken breasts diced into 1-inch pieces
- 2 yellow onions diced
- 4 cloves garlic minced
- 1 tablespoon gingerroot minced
- 1 tablespoon Garam Masala
- 2 teaspoons turmeric
- 1 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/2 cup chicken broth
- 796 milliliters crushed tomatoes
- 3/4 cup sour cream
- 1/2 cup fresh cilantro chopped
- 2 cups basmati rice cooked, usually about 1 cup dry rice and 2 cups water - check package directions

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 98 grams
3. Cholesterol: 95 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 37 grams
7. SaturatedFat: 7 grams
8. Sodium: 750 milligrams
9. Sugar: 4 grams

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