

# Indian Chicken Tikka Masala

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/tikka-masala-recipe-indian-style>

## Ingredients:

- 450 grams boneless chicken
- 1/2 cup plain yogurt
- 1 tablespoon ginger
- 1 tablespoon garlic paste
- 1 tablespoon lemon juice
- 2 tablespoons cooking oil
- 3 drops red food coloring optional
- 1 tablespoon tomato paste
- 2 tablespoons sour cream
- 1 teaspoon cayenne
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon garam masala
- 1 teaspoon coriander powder
- 1 teaspoon ground cumin
- pepper powder - 1/2 tsp
- 1/2 teaspoon fenugreek
- salt to taste

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 80 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 5 grams
8. Sodium: 320 milligrams
9. Sugar: 3 grams

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