

# Murgir Tikka Masala/Chicken Tikka Masala

Yield: 4 min  
Total Time: 15 min

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

## Ingredients:

- 1 kilogram chicken cut into small pieces
- 1/2 cup plain yogurt
- 1 teaspoon ginger paste
- 1/2 teaspoon garlic paste
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper powder
- 1/2 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder elach
- 1/2 teaspoon cinnamon powder daruchini
- 1/2 teaspoon cardamon powder
- 1/4 cup oil
- 1/4 cup onion chopped
- 2 tablespoons onion paste -
- 2 teaspoons ginger paste
- 1 teaspoon garlic paste
- 1/2 cup tomato puree
- 1/2 cup coconut milk
- 2 tablespoons cream
- salt to taste
- 2 tablespoons spring onions chopped
- 2 tablespoons coriander leaves fresh

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 10 grams

3. Cholesterol: 170 milligrams
  4. Fat: 32 grams
  5. Fiber: 2 grams
  6. Protein: 53 grams
  7. SaturatedFat: 12 grams
  8. Sodium: 860 milligrams
  9. Sugar: 5 grams
- 

Thank you for visiting our website. Hope you enjoy Murgir Tikka Masala/Chicken Tikka Masala above. You can see more 15 chicken tikka masala gravy indian recipe Elevate your taste buds! to get more great cooking ideas.