

Chicken Tikka Masala Balti

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-restaurant-chicken-balti-recipe>

Ingredients:

- chicken kilo tandoori, tikka or balti pre-cooked chicken
- 2 tablespoons ghee or vegetable oil
- 1 tablespoon garlic paste
- 1 tablespoon ginger paste
- 3 onions finely chopped
- 2 tomatoes large, diced
- 1 tablespoon tomato paste
- 2 tablespoons masala balti
- 2 tablespoons garam masala
- 6 3/4 tablespoons chicken stock balti, or chicken stock
- 5 tablespoons double cream
- 1 tablespoon unsalted butter cold
- 3 tablespoons coriander finely chopped

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 250 milligrams
4. Fat: 27 grams
5. Fiber: 5 grams
6. Protein: 69 grams
7. SaturatedFat: 10 grams
8. Sodium: 360 milligrams
9. Sugar: 7 grams

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