

Nearly Indian Restaurant Style Chicken Tikka Masala

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 2 cups onions coarsely chopped
- 2 tablespoons vegetable oil
- 1 cup water
- 6 boneless skinless chicken thighs
- 3 boneless skinless chicken breasts
- 3 tablespoons tandoori masala you can get this from any Indian grocer.
- 3 tablespoons vegetable oil
- 1/2 teaspoon salt
- 1 tablespoon garlic ginger paste
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon Garam Masala
- 1 tablespoon tandoori masala
- 1 teaspoon chili powder kashmiri
- 1 teaspoon salt
- 2 tablespoons tomato paste diluted to the consistency of tomato sauce
- 4 tablespoons vegetable oil
- 1/3 cup coconut milk or more - up to 2/3 cup if you want it creamier
- 1 tablespoon brown sugar
- 1/8 lemon juiced

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 200 milligrams
4. Fat: 45 grams
5. Fiber: 3 grams

6. Protein: 67 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 1320 milligrams
 9. Sugar: 7 grams
 10. TransFat: 1 grams
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