

Vegan Chicken Tikka Masala

Yield: 6 min
Total Time: 55 min

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

Ingredients:

- 12 ounces chicken strips Beyond, strips cut in half
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 teaspoons ground turmeric
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 garlic cloves chopped
- 2 teaspoons ginger finely chopped
- 1 1/2 cups almond plain, or soy yogurt
- 1 tablespoon extra virgin olive oil
- 1 small onion chopped
- 6 cardamom pods crushed
- 1/2 teaspoon crushed red pepper flakes
- 1/4 cup tomato paste
- 3 garlic cloves chopped
- 2 teaspoons ginger finely chopped
- 2 teaspoons ground turmeric
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 28 ounces crushed tomatoes
- 2 cups light coconut milk
- 1 teaspoon red wine vinegar
- 1 1/2 tablespoons maple syrup
- 3/4 cup fresh chopped cilantro
- 2 cups steamed rice cooked, for serving

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 43 grams

3. Cholesterol: 25 milligrams
4. Fat: 49 grams
5. Fiber: 12 grams
6. Protein: 22 grams
7. SaturatedFat: 20 grams
8. Sodium: 930 milligrams
9. Sugar: 8 grams

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