

Homemade Tikka Masala Paste

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 clove garlic roughly chopped
- 1 red chilli seeds removed and roughly chopped
- 13/16 inch fresh ginger piece of, peeled and grated
- 2 teaspoons Garam Masala
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 teaspoon ground coriander
- 1/2 teaspoon cumin seeds
- 2 tablespoons walnut oil
- 1 tablespoon tomato puree
- 1 handful fresh coriander chopped, including stems
- 1 pinch sea salt

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 2 grams
3. Fat: 7 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 90 milligrams

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