

# Chicken Tikka Masala

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 4 boneless skinless chicken breasts large, cut into 1-1/2" to 2" pieces, about 1.25kg | 2.75lbs
- 1/2 cup plain greek yogurt
- 6 garlic cloves minced
- 2 tablespoons fresh lime juice
- 2 tablespoons fresh ginger minced
- 1 tablespoon Garam Masala
- 1 tablespoon ground coriander
- 1 1/2 teaspoons salt I use Himalayan salt
- 1 1/2 teaspoons sweet paprika
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground white pepper
- 2 tablespoons ghee storebought or homemade
- 1 onion large, chopped
- 28 ounces crushed tomatoes
- 1 cup water
- 1 cup heavy cream or full fat coconut milk
- 1/2 cup chopped fresh cilantro or parsley plus more for garnish

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 180 milligrams
4. Fat: 37 grams
5. Fiber: 7 grams
6. Protein: 33 grams

7. SaturatedFat: 19 grams
  8. Sodium: 1330 milligrams
  9. Sugar: 3 grams
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