

Bring a Taste of India Home

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/taste-of-india-tikka-masala-recipe>

Ingredients:

- 1 1/2 cups greek yogurt full-fat
- 2 tablespoons lemon juice
- 1 1/2 tablespoons ground turmeric
- 2 tablespoons Garam Masala
- 2 tablespoons ground cumin
- 3 pounds chicken thighs on the bone
- 1/4 pound unsalted butter
- 4 teaspoons neutral oil like vegetable or canola oil
- 2 yellow onions medium-size, peeled and diced
- 4 cloves garlic peeled and minced
- 3 tablespoons fresh ginger peeled and grated or finely diced
- 1 tablespoon cumin seeds
- 1 cinnamon stick
- 2 tomatoes medium-size, diced
- 2 red chiles
- 1 jalapeño pepper
- kosher salt to taste
- 2/3 cup chicken stock low-sodium or homemade
- 1 1/2 cups cream
- 1 1/2 teaspoons tomato paste
- 3 tablespoons ground almonds or finely chopped almonds
- 1/2 bunch cilantro leaves stems removed.

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 285 milligrams
4. Fat: 71 grams
5. Fiber: 3 grams

6. Protein: 46 grams
7. SaturatedFat: 29 grams
8. Sodium: 420 milligrams
9. Sugar: 7 grams

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