

# Instant Pot Indian Chicken Tikka Boti

Yield: 6 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/tikka-boti-recipe-pakistani>

## Ingredients:

- 1 pound chicken breasts cubed
- 1/2 cup plain yogurt
- 1 1/2 tablespoons Garam Masala
- 1 tablespoon meat tenderizer
- 1 teaspoon coriander seeds crushed
- 1 teaspoon cumin seeds
- 1/2 teaspoon ground turmeric
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1 tablespoon red chili powder
- 1/2 cup onions dried
- 1 teaspoon garlic paste
- 1 teaspoon grated ginger
- 3 tablespoons tomato sauce
- 1/2 cup beef broth
- 1 cup chopped fresh cilantro
- olive oil

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 50 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 2 grams
8. Sodium: 610 milligrams

9. Sugar: 3 grams

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