

Helergon Kitchen

Easy Chicken Tikka Masala

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Easy** Difficulty	**Indian** Cuisine

Ingredients

Chicken Marinade

- [ ] 1 cup plain Greek yogurt
- [ ] 1 tablespoon lemon juice
- [ ] 2 teaspoons ground cumin
- [ ] 2 teaspoons ground coriander
- [ ] 1 teaspoon garam masala
- [ ] 1 teaspoon paprika
- [ ] 1/2 teaspoon cayenne pepper, optional
- [ ] 1 teaspoon salt
- [ ] 4 boneless skinless chicken breasts, cut into 1-inch cubes

Tikka Masala Sauce

- [ ] 2 tablespoons vegetable oil
- [ ] 1 large onion, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 1 tablespoon fresh ginger, grated
- [ ] 2 teaspoons ground coriander
- [ ] 1 teaspoon ground cumin
- [ ] 1 teaspoon garam masala
- [ ] 1 teaspoon paprika
- [ ] 1/2 teaspoon turmeric
- [ ] 1/2 teaspoon ground cardamom
- [ ] 1 (14 oz) can crushed tomatoes
- [ ] 1 cup heavy cream
- [ ] Salt to taste

Garnish

- [ ] 2 tablespoons chopped fresh cilantro, for garnish

Instructions

1. Start by whisking together your 1 cup plain Greek yogurt, 1 tablespoon lemon juice, 2 teaspoons ground cumin, 2 teaspoons ground coriander, 1 teaspoon garam masala, 1 teaspoon paprika, 1/2 teaspoon cayenne pepper, optional, and 1 teaspoon salt. It's such a lovely scent already. Toss in those 4 boneless skinless chicken breasts, cut into 1-inch cubes, and coat them well. Cover it up and let it chill in the fridge for about 15 minutes while you get the rest ready.

2. Warm up 1 tablespoon vegetable oil in a large skillet over medium-high heat. Throw in your 1 large onion, finely chopped, and sauté it until it's soft and translucent, which usually takes about 5 minutes. Just keep an eye on it so it doesn't brown too fast.

3. Stir in your 3 cloves garlic, minced and 1 tablespoon fresh ginger, grated. Let them cook for just a minute; you'll know it's ready when the kitchen starts smelling wonderful.

4. Now, add the spices: 2 teaspoons ground coriander, 1 teaspoon ground cumin, 1 teaspoon garam masala, 1 teaspoon paprika, 1/2 teaspoon turmeric, and 1/2 teaspoon ground cardamom. Stir them constantly for 1 minute to bloom the flavors—it's a small step, but honestly, it makes a world of difference.

5. Pour in 1 (14 oz) can crushed tomatoes. Bring it to a gentle simmer, then lower the heat and let the sauce thicken for about 10 minutes. You're looking for a deep, vibrant red color that feels rich.

6. Time to bring the chicken back. If you like a bit more creaminess, feel free to whisk in a little of the leftover yogurt from the marinade into the simmering sauce until it's all smooth.

7. Gently add the chicken pieces to the pot. Turn the heat down to low, put the lid on, and let it simmer for 10 minutes. You want the chicken to reach an internal temperature of 165°F (74°C) so it's perfectly cooked.

8. Stir in 1 cup heavy cream and let it simmer uncovered for another 2-3 minutes. The sauce should thicken up and coat the back of your pan beautifully. Taste it and add Salt to taste if you think it needs a pinch more.

9. Take the pan off the heat and sprinkle over 2 tablespoons chopped fresh cilantro. Give it a gentle toss and let it rest for 2 minutes—patience is key here!

10. Serve your Chicken Tikka Masala hot. I love it with steamed basmati rice, some warm naan bread, or maybe a side of raita for a truly satisfying meal.

Nutrition per serving

480 kcal	36 g	15 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using full-fat Greek yogurt helps keep the sauce silky and stops it from curdling.
- If the sauce gets a bit too thick for your liking, just add a splash of water or extra cream.
- Letting the dish rest for a couple of minutes before serving helps the flavors settle.