

Chicken Tikka Masala



Discover our Chicken Tikka Masala recipe, simple to make and bursting with flavours! The spices and tomato sauce, softened by yogurt, combine to offer you a delicious weeknight dinner, perfect for leftovers.

Preparation 15 min

Cooking 30 min

Servings 6

Nutrition Facts (per serving)

Calories 390

Fat 7

Carbohydrates 30

Fibre 8

Protein 51

Sodium 345

Ingredients

- 22 ml (1 ½ tbsp) garam masala
- 15 ml (1 tbsp) chili powder
- 5 ml (1 tsp) turmeric
- 2.5 ml (½ tsp) cumin

- 7 ml (½ tbsp) olive oil
 - 3 garlic cloves, finely chopped
 - 1 yellow onion, chopped
 - 2 zucchinis, cubed
 - 2 red bell peppers, cubed
 - 15 ml (1 tbsp) fresh ginger, finely chopped
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- 1 can (540 ml) brown lentils, rinsed and drained
 - 1 can (398 ml) tomato sauce
 - 60 ml (¼ cup) tomato paste
 - 15 ml (1 tbsp) maple syrup (or honey)
 - Salt and pepper, to taste
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- 125 ml (½ cup) 2% plain Greek yogurt (or light coconut milk)

Preparation

1. In a small bowl, mix the spices together. Use half to coat the chicken. Set aside.
2. In a large skillet, heat the oil and add the chicken, garlic, and onion. Brown for 2 minutes, then add the zucchinis, bell peppers, and ginger. Cook until the chicken is almost fully cooked. Add the remaining ingredients except for the yogurt and simmer for 15-20 minutes over low-medium heat.
3. Add the Greek yogurt near the end of the cooking time and mix well. Serve over rice or with naan bread.

Notes

Keeps for 3-5 days in an airtight container in the refrigerator or 3 months in the freezer.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire
Registered Dietitian Nutritionist in Quebec City