



Chicken Tikka Masala

Marinade

- 1 cup plain yogurt
- 1 TBL lemon juice
- 1 tsp cumin
- ½ tsp cinnamon
- 1 tsp cayenne
- 1 tsp black pepper
- 1 TBL minced fresh ginger
- 2 tsp salt
- 3 boneless skinless chicken breasts cut into bite sized pieces

Combine the yogurt, lemon juice and spices. Coat the pieces of chicken with marinade. Cover and refrigerate for at least one hour, overnight is best. Remove from the fridge at least one hour before grilling.

Lightly oil grill. Grill chicken until juices run clear. Discard remaining marinade. If using a bbq grill, put chicken on skewers first.

Sauce

- 1 TBL butter
- 1 clove garlic, minced
- 1 jalapeno, minced
- 1 tsp cumin
- 1 tsp paprika
- 1 ½ tsp salt
- 15 oz can tomato sauce
- 1 cup heavy cream
- 1 can coconut milk

Melt butter in a large skillet. Sauté the garlic and jalapeno for 1 minute. Season with cumin, paprika, & salt. Stir in the tomato sauce, cream and coconut milk. Simmer on low for 10 minutes. Add cooked chicken and simmer another 20-30 minutes, until ready to serve.

Serve with rice, garnish with cilantro leaves.

Recipe Source: itsthelife.typepad.com