

CHICKEN TIKKA MASALA

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 10 min. **Cooking Time:** 23 min.

CONTAINER EQUIVALENTS (per serving):  1  1

2 tsp.	ghee (organic grass-fed, if possible)
¼ cup	chopped onion (approx. ⅓ medium)
2 cloves	garlic, finely chopped
2 tsp.	yellow curry powder
1 tsp.	ground smoked paprika
½ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
1 dash	ground cardamom
1 dash	ground cinnamon
1 dash	ground nutmeg
1 dash	ground cloves
1 Tbsp.	all-natural tomato paste
¼ cup	low-sodium organic chicken broth
¼ cup	unsweetened almond milk
¼ cup	all-natural tomato puree
2 Tbsp.	Greek yogurt (plain, 2%)
1 lb. 4 oz.	raw chicken breast, boneless, skinless, cut into 1-inch cubes

1. Heat a medium skillet over medium heat; add ghee, onion, and garlic. Cook, stirring frequently, for 3 to 4 minutes, until onion is translucent.
2. Add curry powder, paprika, salt, pepper, cardamom, cinnamon, nutmeg, cook, stirring constantly, 1 minute, until toasted and fragrant.
3. Add tomato paste and cook, stirring frequently, 1 to 2 minutes, until it begins to brown on bottom of pan
4. Add chicken broth, almond milk, tomato puree, and yogurt; whisk to combine. Bring mixture to a simmer and cook, stirring occasionally, 5 to 6 minutes, until slightly thickened.
5. Add chicken and continue to cook, stirring occasionally, 7 to 10 minutes until chicken is cooked through.
6. Divide evenly among four plates; serve immediately, or store refrigerated in an airtight container for up to 4 days.

RECIPE NOTE:

Chicken Tikka Masala is great served over brown rice or with a warm flatbread such as naan or pita.

NUTRITIONAL INFORMATION (per serving): **Calories:** 220 **Total Fat:** 7 g **Saturated Fat:** 2 g **Cholesterol:** 110 mg **Sodium:** 96 mg **Carbohydrates:** 5 g **Fiber:** 2 g **Sugars:** 2 g **Protein:** 34 g