

## Chicken Tikka Masala

(From the kitchen of the Vasquez Family)

### Ingredients for Chicken Marinade (2+ hours):

- 5-6 chicken thighs, skin and bones removed, cut into bite sized pieces.
- 2 tsp chili powder
- 2 tsp ground cumin
- 2 tsp coriander
- 1/2 tsp turmeric
- 1/3 cup yogurt
- Pinch of salt
- 2 garlic cloves
- 1 knob of ginger, grated
- Juice of 1 small lemon
- 1 tbsp olive oil

### Ingredients for the sauce:

- 2 tbsp avocado oil (or other neutral oil)
- 1 large onion, diced
- Optional: 1 green chili, diced
- 1 tsp ground cumin
- 1 tsp ground coriander
- Pinch of turmeric
- 2 tsp chili powder
- 1 tsp garam masala
- 1 stick of cinnamon, toasted and ground
  - Or 1-2 tsp of ground cinnamon
- 2 bay leaves
- 3 garlic cloves, grated
- 1 knob of ginger, grated
  - or 1 Tablespoon ground ginger
- 2 ½ - 3 cups of canned tomatoes
- 2 ½ - 3 cups of chicken broth (unsalted)
- 2 tbsp coconut cream (or heavy cream)
- Optional: 1 tsp sugar or honey
- Sea salt to taste

### Directions:

1. Mix the chicken pieces with the rest of the marinade ingredients. Leave to marinate overnight, or at least two hours.
2. Place chicken onto a preheated skillet set to medium-high heat until slightly charred and cooked through. Work in batches - do not crowd the pan. Brown on both sides.
3. After you remove the chicken from the pan, sweat the onions in avocado oil with the green chili, garlic and ginger for 5-10 minutes over medium-high heat.
4. Turn heat down to medium, add the spices then cook for 5 more minutes.
5. Add the canned tomatoes, broth, cream, and salt to the pan, and cook for 5 more minutes over a medium-high heat. Add your sugar/honey if using.
6. Place mixture into a blender, blitz until smooth, then pour back into the pan.
7. Stir in the partially cooked chicken pieces and continue to cook on a medium-low heat for 15 minutes or until the chicken is cooked through and the sauce has thickened. If the sauce is too thick add more broth.
8. Serve and garnish with chopped cilantro and drizzled cream.