



Quick Chicken Tikka Masala

538 Calories

Ingredient List

- 1 1/2 lbs chicken breast, chopped into cubes
- 1 (14 oz) can tomato sauce
- 1 cup chicken bone broth
- 1/2 cup half & half
- 1 onion, finely chopped
- 3 tsp ghee
- 1 tbsp garlic, minced
- 1 tbsp ginger, minced
- 3 tbsp garam masala
- 1-2 tbsp zero-calorie sweetener
- 1 tbsp coriander
- 1 tsp turmeric
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp black pepper
- 1/2 tsp salt (and more to taste)
- 1/4 tsp cayenne pepper

For Serving

- 4 cups cooked basmati rice (1 1/3 cups uncooked)
- Freshly chopped cilantro

Cooking Instructions

1. Add 1 tsp of ghee to a pan and preheat to medium-high heat.
2. Season the chicken with the 1/2 tsp salt and pepper. Add to the preheated pan.
3. Cook for 5-6 minutes or until golden brown and remove from the pan.
4. Toss in the rest of the ghee to the pan then add the chopped onion to saute for 3 minutes.
5. Add the ginger, garlic, garam masala, coriander, turmeric, cumin, chili powder, and cayenne pepper to cook for 1 minute.
6. Pour in the tomato sauce and bone broth. Stir and add the zero-calorie sweetener. Let the sauce simmer for 10 minutes.
7. Stir in the half & half then add the chicken back in. Taste the sauce for salt.
8. Top with cilantro and serve with cooked basmati rice.

MACROS

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● Fat	14g
● Carbs	35g
● Protein	61g