



HOME CHEF

Chicken Tikka Masala

With Chicken Thighs, Basmati Rice, and Garlic Naan



Chicken tikka masala is a meal from the gods: it's creamy, it's rich, it's tangy. We show you how to make it really straightforward — no fuss — so you can quit ordering out. We use succulent chicken thighs, our own seasoning, a touch of ginger, and sour cream to make the sauce thick and creamy. It's paired with basmati rice and garlic roasted naan, and there's really no wrong time to enjoy this Indian classic.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

NUTRITION

Calories: 918
Carbohydrates: 100g
Fat: 34g
Protein: 68g
Sodium: 2258mg
per serving

DIETARY



NUT-FREE

DRINK PAIRING

An India Pale Ale (IPA) is a go-to because it stands up well to the heat found in this dish.

INGREDIENTS

¾ Cup Basmati Rice
3 Garlic Cloves
1 Yellow Onion
3 Cilantro Sprigs
4 Chicken Thighs
2 tsp. Chopped Ginger
1 ½ Tbsp. Tikka Masala Seasoning
8 oz. Tomato Sauce
2 oz. Sour Cream
1 Naan Flatbreads

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pot
Baking Sheet
Medium Pan

DID YOU KNOW?

Our versatile, aromatic tikka masala seasoning blend is made using 4 parts garam masala, 2 parts curry powder, and ½ part cayenne pepper.

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Cook the Rice

Bring a pot with 1 ½ cups of **water**, **rice**, and a pinch of **salt** to a boil over high heat. Lower to a simmer, cover, and cook for 15-18 minutes or until tender and all water has been absorbed. Remove from heat and allow rice to sit, covered, until serving.

Prepare the Ingredients

Preheat oven to 375 degrees and prepare a baking sheet with foil. Thoroughly rinse produce and pat dry. Mince **garlic**. Peel and mince **onion**. Stem and coarsely chop **cilantro** (reserving a few leaves for garnish). Rinse **chicken thighs** and pat dry. On a separate cutting board, cut chicken into 1" pieces.

Sear the Chicken

Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Add **cubed chicken thighs**, sprinkle ¼ tsp. each of **salt** and **pepper** to season, and cook until browned, about 3 minutes (chicken will finish cooking in the next step). *Avoid moving the chicken too much when you first add it to the pan in order to get a better sear.* Remove to plate. Wipe pan clean.

Make the Sauce

In same pan used for searing chicken, heat 1 tsp. **olive oil**. Add **ginger**, **onion**, ⅔ of the **garlic**, and **tikka masala seasoning** and cook for 3 minutes. Add **tomato sauce** and ½ cup **water**, reduce to a simmer, and cook for 5 minutes. Add chopped **cilantro**, **chicken**, and any **accumulated juices** from chicken to pan. Cook for an additional 5 minutes until chicken has reached a minimum internal temperature of 165 degrees. Remove from heat, stir in **sour cream** and season with a pinch of **salt and pepper**—taste sauce with a clean spoon to season to your liking.

Cook the Naan

Place **naan** on prepared baking sheet and drizzle with ½ tsp. **olive oil**. Rub with remaining **garlic** and a pinch of **salt and pepper**. Place in oven and cook for 5-7 minutes until golden and fragrant. Remove and slice into 4-6 pieces.

Plate the Dish

Divide **basmati rice** between 2 bowls. Ladle **sauce** and **chicken** atop rice. Garnish with remaining **whole cilantro leaves** and slices of **garlic naan**.