



Classic Kitchen



# Indian Spiced Chicken

Change up your weeknight dinner and make this hint of spice and creamy chicken meal.

**Preparation time:** 20 minutes | **Marinating Time:** 10 minutes

**Cook time:** 45 minutes | **Serves:** 6

## Ingredients:

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|---|--|
| 1 cup (250 mL) plain yogurt                                 | 1 1/2 tsp (7 mL) each garam masala and ground cumin    |
| 4 large cloves garlic, minced                               | 1 tsp (5 mL) each ground turmeric and ground coriander |
| 1 tbsp (15 mL) fresh ginger, minced                         | 1 can (28 oz/796 mL) diced tomatoes                    |
| 2 tsp (10 mL) garam masala                                  | 1 tsp (5 mL) salt                                      |
| 1 tsp (5 mL) ground turmeric                                | 1/4 tsp (1 mL) cayenne pepper (optional)               |
| 1 tsp (5 mL) ground cumin                                   | 1 1/4 cups (310 mL) 35% whipping cream                 |
| 1 tsp (5 mL) salt   |  |
| 1 1/2 lb (750 g) boneless, skinless chicken thighs, chopped |  |

## Spiced Tomato Cream Sauce:

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|--|--|
| 1/4 cup (60 mL) butter                 | 1 cup (250 mL) chopped green beans     |
| 1 large onion, finely diced            | 1/4 cup (60 mL) chopped fresh cilantro |
| 1 1/2 tbsp (22 mL) minced fresh ginger |  |

## Instructions:

1. Preheat oven to 350° F (180° C). 30 seconds. Add tomatoes, salt, and cayenne, if using. Simmer gently for 15 minutes, stirring occasionally or until sauce is thickened slightly.
2. In an ovenproof baking dish, whisk together yogurt, garlic, ginger, garam masala, turmeric, cumin, and salt. Add chicken and stir to coat well. Let stand for 10 minutes or cover and refrigerate overnight.
3. Bake chicken, uncovered for about 15 minutes or until yogurt is golden.
4. Meanwhile, in a large shallow saucepan, melt butter over medium heat. Cook onion for about 3 minutes or until softened. Add garlic and ginger; cook for 1 minute. Stir in garam masala, cumin, turmeric, and coriander for
5. Add cream and beans to the sauce along with chicken and all the juices from the pan. Cook, stirring occasionally for about 10 minutes or until chicken is no longer pink inside and beans are tender. Sprinkle with cilantro to serve.

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## Nutritional info per serving (1/6th recipe):

370 calories, 25 g protein, 13 g carbohydrates, 25 g fat, 2 g fibre, 1080 mg sodium, 171 mg calcium.