

Spiced Yogurt Chicken Tikka



Recipe Provided By: Dairy Farmers of Canada

Recipe Source: Cookspiration.com

Recipe Info

Prep Time: 20 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients

- 1-½ cups (375 mL) plain yogurt, divided
- 3 tbsp (45 mL) tikka, tandoori or other mild curry paste
- 1 tsp (5 mL) grated lime zest
- 1 lb (500 g) boneless skinless chicken breast, cut into thin strips
- 1 tbsp (15 mL) butter
- 1 onion, thinly sliced
- 3 cloves garlic, minced
- ¼ tsp (1 mL) salt
- 1 sweet red pepper, chopped
- 2 cups (500 mL) no-salt-added canned diced tomatoes
- 2 tbsp (30 mL) cornstarch
- 1 cup (250 mL) frozen green peas, thawed, or chopped green beans
- ½ tsp (2 mL) ground cumin
- 2 tsp (10 mL) freshly squeezed lime juice
- 2 tbsp (30 mL) chopped fresh cilantro
- 2 cups (500 mL) hot cooked brown rice

Instructions

Step 1

In a bowl, combine ¾ cup (175 mL) of the yogurt, the tikka paste and lime zest; add chicken and stir to coat well. Let marinate at room temperature for 10 minutes or cover and refrigerate for up to 4 hours.

Step 2

In a large skillet, melt butter over medium heat; sauté onion, garlic and salt for 3 minutes or until starting to soften. Add sweet red pepper and sauté for 3 minutes or until softened.

Step 3

Stir in tomatoes and bring to a boil, stirring occasionally. Reduce heat and boil gently, stirring often, for about 3 minutes or until slightly thickened.

Step 4

Sprinkle cornstarch over chicken mixture and stir to combine. Add to skillet with peas, stirring well. Simmer, stirring often, for about 10 minutes or until chicken is no longer pink inside and sauce is thickened.

Step 5

Meanwhile, in a small bowl, whisk ground cumin, lime juice and cilantro into remaining ¾ cup (175 mL) yogurt. Serve chicken in sauce on rice, topped with yogurt.

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