

## Chicken Tikka Masala (4 servings)

- 1 ½ Pound chicken tenderloins (approx. 5-6), or thighs (approx. 4-5)
- 1 Bottle of Trader Joe's Masala Simmer Sauce
- ½ cup heavy whipping cream

### Marinade

- 2 heaped tablespoons of Seven Happy Seeds Tandoori Marinade & Rub
- 2 tablespoons nonfat yogurt
- 1 teaspoon ginger + garlic paste (optional)
- 2 tablespoons cooking oil

1. In a mixing bowl, whisk together yogurt, marinade spice, and oil to make a smooth paste (adjust salt and heat with cayenne pepper powder to taste).
2. Pour prepared marinade paste over chicken and coat fillets evenly. Cover and marinate at room temperature for one hour (or refrigerate overnight).
3. Let excess marinade drip in the bowl, and broil or grill for 8-10 minutes on each side.
4. In a heavy pan, simmer the Masala Simmer Sauce and heavy cream together for 10 minutes on low heat.
5. Cut cooked Tandoori chicken into bite size pieces and add to the sauce. Simmer for an additional 5 minutes, then turn heat off.
6. Serve hot with Basmati rice pilaf, Cucumber raita, and naan bread.