

INSTANT POT CHICKEN TIKKA MASALA CULINARY CLASS

TOTAL TIME: 35 minutes

I've created a lightened up, dairy-free Chicken Tikka Masala with Cauliflower and Peas in the Instant Pot to satisfy my craving for Indian food!

INGREDIENTS:

- 1 1/2 pounds skinless, boneless chicken thighs, cubed
- 1 1/2 teaspoon kosher salt
- 1/2 tablespoon ghee, butter or coconut oil
- 1/2 chopped onion
- 3 cloves garlic, minced
- 1 teaspoon grated ginger root
- 1 teaspoon ground coriander
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon garam masala
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground cardamom
- 14 ounce can diced tomatoes, drained
- 1/2 cup full fat canned coconut milk or heavy cream
- 1/4 cup fresh cilantro leaves, for serving

DIRECTIONS:

1. Season chicken with 1 teaspoon salt.
2. Press saute button and melt the butter, add onion, garlic, ginger and 6 spices (from coriander to cardamom) and saute until fragrant, about 2 to 3 minutes.
3. Add the chicken and the salt and stir and cook until the chicken starts to brown lightly. Add the tomatoes and stir, cook high pressure 15 minutes.
4. Quick release, stir in coconut or heavy cream milk and serve garnished with cilantro.