

Chickpea Tikka Masala

Meatless Monday Meal! Enjoy this Indian inspired meal without the meat. Serve over cauliflower rice, zoodles, greens or any sauteed veggie. Enjoy!

xoxo,

Kristin

Chickpea Tikka

- Preheat oven to 400 F.
- In a medium mixing bowl add and mix all the ingredients listed under Chickpea Tikka above. Spread it evenly on a nonstick baking tray.
- Bake the chickpeas in preheated oven for 10 min. Using a spatula stir them and again continue baking for 10 more min.

Tikka Masala Sauce

- Meanwhile, heat 1 tsp oil in a large frying pan or skillet. Add whole garlic cloves, ginger, and onion. Cook the onion until translucent for 2-3 min.
- Then add tomatoes and raw cashews. Cook them until tomato softens and gives sauce like consistency for about 4-5 min.
- Now add cumin powder and coriander powder. Mix well and transfer this mixture to the blender jar, add 1 cup water and blend until smooth and creamy.
- Heat remaining oil in the frying pan on low heat. Add chili powder and cook it slightly until fragrant.

- Add blended tomato mixture and bring it to boil.
- Now add garam masala and salt to taste. Mix well and simmer (cover with lid) on low heat for 5 min.
- Finally, add roasted chickpeas, garnish with cilantro and serve warm.

Notes

1. You can add little more water if you do not want the sauce to be too thick for your liking.
2. Use freshly ground roasted cumin and coriander seeds powder whenever possible. It really adds an amazing aroma and flavor to the dish. I usually roast around 1 tsp cumin and 2 tsp coriander seeds (for this recipe) together in a frying pan. And using a stone molcajete I crush the roasted seeds into powder.

Recipe from:

https://www.watchwhatueat.com/healthy-chickpea-tikka-masala/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=604626542_22966364_173336