Ingredients

2 lb boneless skinless chicken breats

1.5 C non-greek plain yogurt

6 cloves minced garlic

4 tsp minced ginger

4 tsp ground turmeric

2 tsp garam masala

2 tsp ground coriander

2 tsp ground cumin

S+P as needed

2 T cardamom

3 T vegetable oil

1 28 oz can whole peeled tomatoes

2 C heavy cream

1 bunch cilantro, minced well

1 small white onion

¼ C tomato paste

2 tsp crushed red pepper flakes

As needed: Rice

Procedure

1. Combine yogurt and all of the spices together, mix well and let marinate in the fridge as long as possible
2. Heat oil to medium, add the onion and tomato paste, and cook for about 10 minutes
3. Add tomatoes with juices, bring to a simmer stirring often until sauce thickens, 8-10 minutes
4. Add cream and keep simmering 30-40 minutes
5. While the sauce is simmering preheat the broiler and cook the chicken on a rack for 10 minutes, letting it brown in spots but not cooking it through
6. Start cooking the rice and set aside
7. Remove chicken, let it rest then cut into bite-sized pieces. Add to sauce and simmer until cooked through, about another 10 minutes. Serve with the rice and cilantro