

THE

CrossFit

KITCHEN



CHICKEN TIKKA MASALA WITH SPAGHETTI SQUASH

By Nick Massie

Overview

In his first attempt to bring Indian food to the masses, Nick Massie delivers this simple and flavor-packed dish to your kitchen.

Ingredients

- 22 oz. boneless, skinless chicken breast, diced into large pieces
- 750 g spaghetti squash, halved, seeded, roasted and scraped (see below)
- 4 c. onions, diced
- 2 c. tomato puree
- 6 oz. tomato paste
- 10 oz. light coconut milk
- 1 tsp. olive oil
- 3 tbsp. fresh ginger, peeled and minced
- 8 cloves garlic, minced
- Kosher salt, to taste
- Black pepper, to taste
- Masala spice mixture (see below)
- 2 c. fresh cilantro, roughly chopped

Directions

1. Heat a cast-iron skillet over medium-high heat and add the olive oil and 2 tbsp. of masala mixture. Stir to combine the spices and oil and toast the spices for about 30 seconds.
2. Add the garlic and ginger, and stir to incorporate. Cook for 1 minute longer.
3. Season the chicken with salt and pepper and place it, seasoned side down, into the pan. Then season the top side with salt and pepper and stir to incorporate into the spice mixture. Push the chicken to one side of the pan and add the onions to the other half. Cook for 2 minutes, then stir the onions into the chicken and cook for another 2 minutes.
4. Add the tomato paste and stir, then add the coconut milk and tomato puree. Stir to combine and cook until chicken is done, about 2-3 minutes longer. Then cut the heat.
5. Portion out 150 g of spaghetti squash into six containers.
6. When the chicken is done, season the sauce with kosher salt and the masala mixture.

1 of 2



7. Fold in the fresh cilantro and then divvy up the chicken and sauce over the spaghetti squash. Use a scale to measure accurately.
8. Refrigerate for up to one week or freeze for up to six months.
9. Enjoy!

To Prepare Spaghetti Squash

- Cut a spaghetti squash in half and scrape out the seeds.
- Place the two halves, flesh side up, on a foil-lined sheet pan.
- Season with olive oil, kosher salt and pepper.
- Roast at 350 F until soft, approximately 30-45 minutes.
- Remove from oven, allow to cool for 15 minutes, then scrape into spaghetti-like strands using a fork.
- Eat immediately or cool and store in the fridge for up to one week or the freezer for up to six months.

To Prepare Masala Mixture

- 3 tbsp. paprika
- 2 tbsp. cumin
- 1 tbsp. coriander
- 1 tsp. cinnamon

You can add cardamom, cayenne pepper, turmeric, brown mustard, etc., but the spices above will get you headed in the right direction.