



Instant Pot Chicken Tikka Masala (Pressure Cooker)

Prep Time 20 minutes
Cook Time 20 minutes
Total Time 40 minutes

Servings 4 servings
Calories 460kcal

Ingredients

For marinating the chicken:

- 1 pound boneless skinless chicken breasts about 2, chopped into bite-sized pieces
- 1 cup plain 2% fat greek yogurt 7 ounces
- 1 tablespoon [garam masala](#)
- 1 tablespoon lemon juice
- 1 teaspoon black pepper
- 1/4 teaspoon [ground ginger](#)

For the sauce:

- 15 ounces canned [tomato sauce](#) or puree
- 5 cloves garlic minced
- 4 teaspoons [garam masala](#)
- 1/2 teaspoon [paprika](#)
- 1/2 teaspoon [turmeric](#)
- 1/2 teaspoon salt
- 1/4 teaspoon [cayenne](#)
- 1 cup heavy whipping cream added last

For serving:

- [basmati rice](#)
- [naan](#)
- freshly chopped cilantro

Instructions

1. **Marinating the chicken:** Combine all marinade ingredients (minus the chicken) in a bowl and mix well. Add chicken chunks and coat with the marinade. Let sit in the refrigerator for at least 1 hour.
2. **Pressure cooker saute mode:** Select the saute mode on the [pressure cooker](#) for medium heat. When it has reached temperature, add chicken chunks (along with any marinade sticking to them) to the pressure cooker. Saute until the chicken is cooked on all sides, about 5 minutes, stirring occasionally. Turn off the saute mode.

Recipe printed from Savory Tooth at [https://www.savorytooth.com/instant-pot-chicken-tikka-](https://www.savorytooth.com/instant-pot-chicken-tikka-masala/)

3. **Pressure cooker high pressure mode:** Add all of the sauce ingredients except the cream to the pressure cooker, over the chicken, and stir. Secure and seal the lid. Select the manual mode to cook for 10 minutes at high pressure. Use the quick steam release handle to release pressure.
4. **Pressure cooker saute mode:** Select the saute mode on the pressure cooker for low heat. When it has reached temperature, add cream to the pot, stirring with the other ingredients. Simmer until the sauce is thickened to your liking, a few minutes.
5. **Serving:** Serve with basmati rice or naan. Garnish with cilantro.

Nutrition

This recipe yields 12.5 g net carbs per serving. Nutrition information does not include rice or naan.

Nutrition Facts Per Serving

Calories 460

Total Fat 27g 41%

Saturated Fat 17g 85%

Trans Fat 0g

Cholesterol 171mg 57%

Sodium 970mg 40%

Potassium 320mg 9%

Total Carb 19g 6%

Dietary Fiber 6.5g 26%

Sugars 6g

Protein 32g

Vitamin A 40% · Vitamin C 33% · Calcium 7% · Iron 10%