

## SHOPPING LIST

- 1 c Yogurt
- 1 Tbsp Lemon Juice
- 2 Tsp Ground Cumin
- 1 Tsp Ground Cinnamon
- 2 Tsp Cayenne Pepper
- 2 Tsp Ground Black Pepper
- 1 Tbsp Ginger (minced)
- 1 Tsp Salt
- 3 Boneless Skinless Chicken Breasts (cut into bite-size pieces)



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## TIKKA MASALA MARINATE

## LETS START COOKING

1. Combine all ingredients except the chicken.
2. Taste marinate and make sure you have enough salt.
3. Add the chicken and marinate for 1 hour before adding it to your Tikka Masala.



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