



Chickpea Tikka Masala Baked Potato

By Chef Veera Gaul, Ph.D.



Ingredients

1 cup sliced yellow onions
2 tablespoons garlic paste or minced garlic
1 tablespoon ginger paste or minced ginger
2 cans (15 oz each) chickpeas, drained and rinsed well
1 jar O&V **Masala Mama Tikka Masala sauce** or Cashew Tikka Sauce *
1 tablespoon Sambal Oleak (optional for additional heat and to taste)
¼ cup chopped cilantro (plus more for garnish)
4 russet baking potatoes
1-2 tablespoons [Unflavored EVOO](#) (divided) *
½ cup plain Greek yogurt
Salt and pepper to taste
¼ teaspoon cumin powder
2 tablespoons diced red onion
Chopped Thai chilies and lemon wedges to serve

Preparation

Preheat the oven to 425 F. Line a baking sheet with parchment paper.

Wash and dry the potatoes, and then poke holes in the potatoes with a fork. Rub with unflavored EVOO, sprinkle liberally with sea salt and place on baking sheet. Bake in the oven for 45-60 minutes until potatoes are fork-tender and the skin is crispy. Remove

from the oven, slice vertically down the center and pinch the bottoms of the potatoes to crumble the flesh.

In the meantime, beat the Greek yogurt in a bowl, add in the cumin powder, salt and pepper to taste and stir well.

While potatoes cook in the oven, sauté the sliced yellow onions in 1 tablespoon of EVOO until softened and beginning to brown. Add the garlic and ginger and cook till aromatic and combined (an additional 2-4 minutes). Mix in the chickpeas and the jar of Tikka Masala sauce and Sambal (if using). Add the ¼ cup water to the empty bottle to get all the sauce out, and add to the pan. Simmer for 10-12 minutes, until thick. Stir frequently to prevent sticking.

Stir in the chopped cilantro and spoon over the 4 baked potatoes.

Drizzle each potato with a little Greek yogurt mixture and serve garnished with chopped red onions, chopped Thai chilies and a lemon wedge for squeezing.

Serves 4

Active time 20 minutes Total Time: 65 minutes

Notes

* I personally love this **Masala Mama Tikka Masala sauce** (as I do all their other sauces including the Cashew Tikka which is the vegan version of this sauce).it is made with fresh ingredients, no artificial flavorings and true extra virgin olive oil. If you have a favorite brand of Tikka Masala sauce, feel free to use that, but know that the flavors of the sauce will dictate the quality of the dish. Many Masala Mama sauces are available at [Oil & Vinegar Greenville](#)

This good [Unflavored EVOO](#) will impart clean taste to the dish and some nutritional value as well. You may substitute with another high-quality oil if you prefer.

Categories: Entrée, Gluten Free, Dairy Free Option, Vegetarian, Vegan, Easy Weeknight Meal, Quick Dinner, Filling Lunch, Indian Flavors, Tikka Masala Sauce, Chickpeas, Baked Potato, Simmer Sauces, Easy Indian, Curry in a Hurry, Greek Yogurt