

Chicken Tikka Masala

This is a tasty home-made version of one of the nation's favourite Indian take-away dishes. Its creamy texture goes perfectly with our Pilau Rice and Naan Bread recipes available on the Club Zone area of the Let's Get Cooking website. This dish makes a fantastic 'home make-away' which is perfect for a weekend night in.

Nutritional information per portion (360g):



of an adult's guideline daily amount



Dairy and nuts

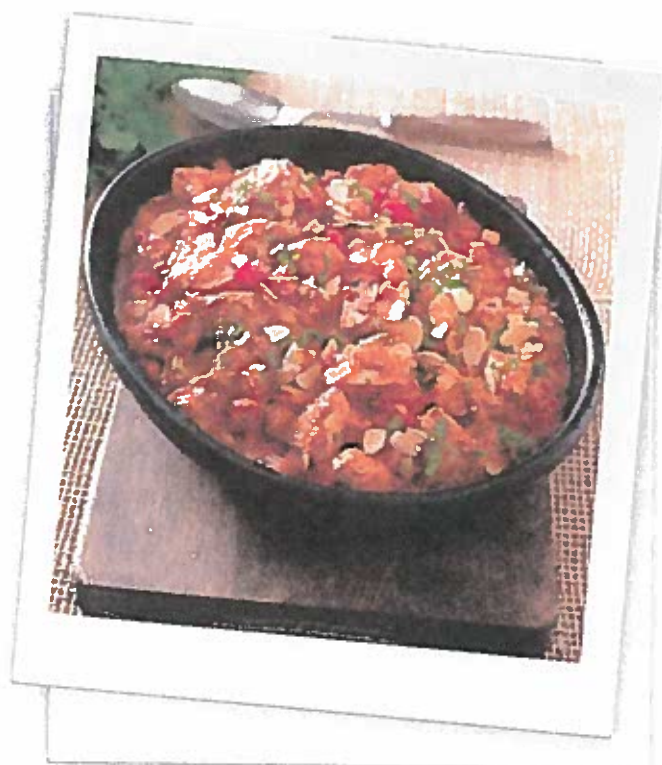
Equipment

Chopping board x 2
Sharp knife x 2
Large saucepan with lid
Large spoon
Bowl
Measuring spoons
Teaspoon
Colander
Fork
Grater
Stirring spoon
Can opener
Measuring jug
Ladle
Blender
Tea towel
Large jug
Pan stand

Ingredients

Serves 4-6

4 skinless, boneless chicken breasts
3 x 5ml spoons sunflower oil
1 red chilli OR 1 x 5ml spoon chilli powder
1 red pepper
1 medium onion
1 clove garlic
3cm piece root ginger OR 1 x 5ml spoon ginger paste
80g Let's Get Cooking Tikka Masala Paste (see page 20)
OR ready-made Tikka Masala Paste
2 x 5ml spoons plain flour
1 x 400g can chopped tomatoes
200ml low-fat natural yoghurt
200ml boiling water (as required)
1 x 15ml spoon fresh coriander to serve (optional)
1 x 15ml spoon toasted almonds to serve (optional)



Top Tips

- Blending the sauce makes the texture really creamy.
- Use low-fat coconut milk instead of natural yoghurt.
- For a chunky curry, don't blend at step 10.

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Method

1. Chop the chicken into 2cm bite-sized pieces. Wash your hands after touching the raw meat.
2. Heat 2 x 5ml spoons oil in the saucepan over a medium heat. Add the chicken and cook for approximately 5–8 minutes until the meat turns from pink to white, stirring occasionally. Allow to brown a little on the outside as this gives flavour. Remove the chicken from the pan using a large spoon and set aside in a bowl.
3. Wash the chilli and red pepper.
4. Peel and finely chop the onion and garlic. Deseed the pepper and chop into 2cm-sized pieces. Deseed the chilli and slice finely (wash your hands afterwards).
5. Peel the ginger and grate using the coarse side of the grater.
6. Heat the last 1 x 5ml spoon of oil in the saucepan over a medium heat. Add the chopped onion, garlic, chilli and ginger and stir.
7. Add the red pepper and sauté for 5 minutes, and then add 1 quantity of tikka masala paste to the saucepan. Stir the paste into the vegetables.
8. Add the plain flour to the saucepan and stir. Cook for 2 minutes on a low heat.
9. Open the can of chopped tomatoes, and add to the saucepan along with the natural yoghurt. Cover and simmer over a low heat for 10 minutes.
10. Remove from the heat and ladle half the sauce into a blender, secure the lid and cover with a tea towel. Blend until smooth then pour the blended mixture into a large jug. Repeat for the rest of the sauce then pour the sauce back into the saucepan.
11. Add the chicken to the saucepan and place over a medium heat, cover and simmer for 10 minutes. Add a little boiling water if you need to.
12. To serve, sprinkle 1 x 15ml spoon of toasted almonds and 1 x 15ml spoon of fresh coriander (if using).

Something to try next time

- Try a vegetarian version using green beans and cauliflower instead of chicken. Chop the beans in half widthways and split the cauliflower into small florets and add at step 11.
- Skinless, boneless chicken thighs also work well in this recipe.

Prepare now, eat later

- Try to prepare the vegetables as close to cooking them as possible so that they retain their nutrients.
- To freeze, cool the curry as quickly as possible then transfer to a plastic airtight container and freeze for up to 1 month. Make a double batch of the sauce and freeze for next time. Defrost before thoroughly reheating.

