

# Chicken tikka masala



## Ingredients

- 4 tbsp vegetable oil
- 25g butter
- 4 onions , roughly chopped
- 6 tbsp chicken tikka masala paste (use shop-bought or make your own - see recipe, below)
- 2 red peppers , deseeded and cut into chunks
- 8 boneless, skinless chicken breasts , cut into 2.5cm cubes
- 2 x 400g cans chopped tomatoes
- 4 tbsp tomato purée
- 2-3 tbsp mango chutney
- 150ml double cream
- 150ml natural yogurt
- chopped coriander leaves, to serve

## Method

1. Heat the oil and butter in a large, lidded casserole on the hob, then add the onions and a pinch of salt. Cook for 15-20 mins until soft and golden. Add the paste and peppers, then cook for 5 mins more to cook out the rawness of the spices.
2. Add the chicken and stir well to coat in the paste. Cook for 2 mins, then tip in the tomatoes, purée and 200ml water. Cover with a lid and gently simmer for 15 mins, stirring occasionally, until the chicken is cooked through.
3. Remove the lid, stir through the mango chutney, cream and yogurt, then gently warm through. Season, then set aside whatever you want to freeze (see tips, below). Scatter the rest with coriander leaves and serve with basmati rice and naan bread.

## Making your own curry paste

In a small food processor, whizz together 5 garlic cloves, 1 large knob of fresh root ginger, roughly chopped, 1 red chilli, deseeded and roughly chopped, 2 tsp each ground cumin and coriander, 1 tsp each turmeric, paprika and garam masala, and the seeds from 4 cardamom pods. Add a little water or vegetable oil to bring the paste together. Can be stored in the fridge for up to 1 week or frozen for up to 1 month.

## Freezing tips

To safely freeze, cool the curry as quickly as possible, then freeze as soon as it's completely cooled. Divide into freezer-proof containers, or use takeaway containers. To avoid freezer burn, make sure all chicken pieces are well covered with sauce. This curry will freeze well for up to 3 months. Defrost overnight in the fridge. Once thoroughly defrosted, reheat gently to prevent yogurt from splitting. Make sure it's piping hot all the way through before serving.