

Chicken Tikka Masala



Serves: 4

Profitability:

Steps:

For the puree

Cut the onion and tomato into 1/4's and chop the green pepper, ginger, garlic clove, and a little coriander

Put the above in a small saucepan together with 3 tbsp oil, turmeric, a pinch of salt and a cup of warm water and cover with lid

Gently boil the vegetables until soft (approximately 15-20 minutes), stirring occasionally

When cooked place in a blender to make into puree

For the curry

Heat the remaining oil, over a moderate heat, in a medium-sized sauce pan

Add a Tikka Masala paste and cook for a few seconds, stirring continuously

Add the ready-blended puree and gently bring to the boil, stirring regularly

Add the chicken with a little warm water, approx 100/125 ml, and on full heat bring to boil and cook for 2 minutes

Add the yoghurt, sugar and cream and bring to boil

Turn the heat down to a moderate / low heat, leave to gently simmer whilst covered for 20-30 minutes or until the chicken is cooked and the required texture is reached

Add more water if you prefer more sauce, or cook on higher heat for slightly longer with the lid semi-opened for thicker sauce

Once cooked, add the butter, stir and leave the curry to settle for 10-15 minutes. Remove any excess oil before serving, garnished with a little fresh coriander

Ingredients:

500g boneless chicken, cut into small cubes

1 medium onion

10g fresh ginger

1 garlic clove

1 medium tomato

½ small green pepper

4 tbsp veg/olive oil

1/2 tsp turmeric

6 tsp Tikka Masala Paste

1 heaped tsp white sugar

1 tbsp natural yoghurt

125ml fresh single cream

3 -4 knobs butter (optional)

Fresh coriander (optional)