



CHIPS Cookery Club

Recipe – Chicken Tikka Masala

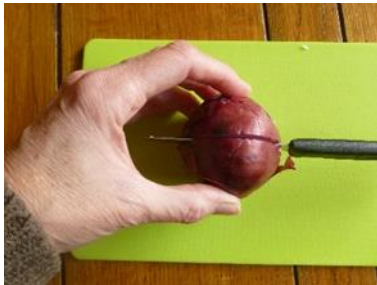
© 2018 Owned by CHIPS – use but please do not copy

Ingredients Serves 4 people

1 small red onion 2 x 15ml mango chutney
1 x 15ml spoon oil 100ml natural yogurt
500g chicken breast 100ml double cream
2 x 15ml spoon tikka masala paste
2 x 15ml spoons tomato puree
400g tin chopped tomatoes
Handful of chopped coriander

Equipment needed

Chopping board
Large cooks knife
Scissors
Measuring spoons
Wooden spoon
Saucepan and lid



Cut the onion in half using the claw grip.



Put the oil in a saucepan. Add the onion and a lid and cook over a low heat for 10 minutes until softened.



Peel and remove the root end.



While the onion is cooking cut the chicken into small dice. Use a clean chopping board.



Turn and slice thinly using the bridge method.



Add the chicken to the onions. Stir in the masala paste and tomato puree.



Fry for a few minutes, turning the chicken. Add the chopped tomatoes. Bring to the boil and simmer for 15 minutes until the chicken is cooked.



Chop the coriander using scissors. Garnish with coriander and serve with rice or naan bread.



Stir in the chutney, yogurt and cream and heat gently.



You could substitute chicken for other meats such as lamb, turkey or beef but would need to cook them for longer, until the meat is tender.