

Chicken Tikka Massala

This is a light, refreshing version of this hugely popular British staple, and it's one that we come back to again and again. You can use a tin of tomatoes if you can't get hold of nice ripe ones. And a sprinkling of coconut flakes toasted with a drizzle of agave nectar in a dry frying pan makes for a lovely topping if you fancy adding a touch of crunchy sweetness. As with most curries, it tastes even better the next day!



DETAILS

- Prep Time: 15 minutes (plus marinating)
- Cook Time: 35 minutes
- Total Time: 50 minutes
- Serves: 4

INGREDIENTS

For the tandoori chicken

- 6 boneless skinless chicken thighs, cut into bite-sized chunks
- 2 cloves of garlic, crushed
- 4 cm piece of ginger, grated
- 1 tsp Garam Masala
- 1 tbsp paprika
- 1 tsp ground cumin
- ½ tsp medium chilli powder
- ½ tsp salt
- 1 tbsp tomato puree
- 5 tbsp natural yoghurt
- 2 tbsp vegetable oil

For the Tikka Masala Sauce

- 4 medium sized ripe tomatoes, roughly chopped
- 100 ml double cream
- 4 cloves garlic, crushed
- 4 cm piece of ginger, grated
- 2 tbsp vegetable oil
- 2 onions, finely chopped
- 1 large red chilli, deseeded and finely chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- ½ tsp paprika
- ¼ tsp ground turmeric
- ¼ tsp ground cinnamon
- A handful of fresh coriander leaves

METHOD

Begin by marinating the chicken in the tandoori paste. Place the chicken in a large bowl and mix in the remaining ingredients. Cover and leave in the fridge for a couple of hours or overnight if possible.

Pre-heat the oven to 180C / 160C fan / gas 4.

Transfer the marinated chicken onto a baking tray lined with oiled tinfoil. Cook for 10 minutes until just cooked through.

To make the Tikka Masala sauce, place the tomatoes, cream, garlic and ginger in a food processor and blend until smooth.

Heat the oil in a large, deep-sided frying pan or saucepan and gently cook the onions until they are just golden. Add the chilli, dried spices and a large pinch of salt, and cook stirring all the time for a minute or so. Add the tandoori chicken pieces and cook for a few minutes in the spiced onions. Stir in the tomato cream, bring to a simmer and cover with a lid. Let everything bubble away for around 20 minutes before serving with plain basmati rice and a scattering of fresh coriander.

