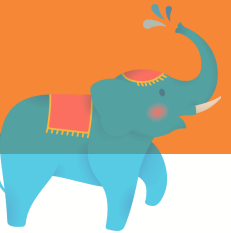


Cheat's chicken



TIKKA MASALA

GRUNCH

Ingredients for 2 portions

You'll need: chopping board, sharp knife, grater, small bowl, wok or frying pan, spatula, saucepan

Marinade

- 2 cloves garlic, crushed
- 2 cm ginger grated
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp garam masala
- ½ tsp chilli flakes
- Juice of half a lemon
- 2 tbsp coconut milk

Chicken Tikka Masala

- 3-4 chicken thighs, diced
- 1 tbsp coconut oil
- 1 onion sliced
- 1 red pepper, seeded and diced
- 150 ml passata
- 100 ml coconut milk
- 1 tsp garam masala
- 1 tbsp ground almonds
- 1 tablespoon fresh coriander, chopped

Rice

- 1 cup rice, knob butter, ½ tsp cumin seeds, 1 clove

Prepare The Ingredients First. Then Follow Steps 1 to 6.

Step 1



Mix the marinade ingredients together in a bowl, add the diced chicken and stir to coat thoroughly. Marinate for 10 minutes if that's all you've got or up to 24 hours in the fridge if you have more time.

Step 2

Add the oil to a large frying pan then saute the onions and red pepper very gently for 5 minutes or until softened, stirring frequently.



Step 3

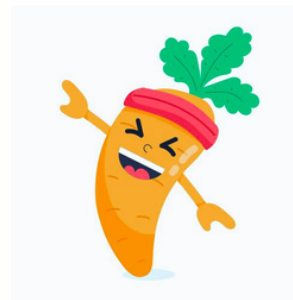


Turn the heat up and add the chicken. Fry for 3 minutes until brown.

Step 4



Add the passata and half the coconut milk and bring to the boil.



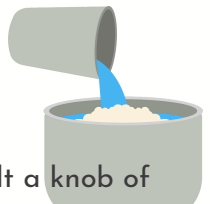
Step 5



Reduce the heat to low and simmer for 10 minutes. Add the garam masala, ground almonds and fresh coriander and stir to combine.

Add the remaining coconut milk or a splash of water if you feel the curry is too thick.

Step 6



Meanwhile cook the rice. Melt a knob of butter in a small saucepan. Stir in 1 cup of rice, the clove and the cumin seeds.

Pour in 2 cups boiling water, stir, then cover and cook gently for 10 minutes. Leave for 5 minutes then remove lid and fluff up with a fork.