



Tikka Massalla



Ingredients:

800g Diced Chicken Breast or Meat Substitute

2 Small white onions finely chopped

200ml Single Cream

2 Teaspoons Ginger Puree [Available here](#)

2 Teaspoons Turmeric Powder [Available here](#)

4 Teaspoons Mild Curry Powder [Available here](#)

2 Teaspoons Garam Masala Powder [Available here](#)

Half a tin of Chopped Tomatoes [Available here](#)

2 tablespoons of Tomato Puree [Available here](#)

100ml Natural Yogurt [Available here](#)

Quarter Teaspoons Chilli Powder (optional)

[Available here](#)

Toasted Flaked Almond garnish (optional)

[Available here](#)

200ml Coconut Cream [Available here](#)

1 Cup/300ml Water or Chicken Stock

2 Teaspoons Garlic Puree [Available here](#)

200g Butter Ghee [Available here](#)

Basmati Rice [Available here](#)

Instructions (Serves 4)

Pour the oil into a large saucepan bring up to a medium heat. Add the onions and reduce the heat to low. You can optionally add 1 or 2 Whole Star Anise which help bring out the sweetness of the onions and imparts a subtle aniseed flavour but remove them once the onions are cooked. Cook the onions gently and slowly until they turn a golden brown colour.

Make a paste of the ginger puree, garlic puree, curry powder, Turmeric powder, Chilli powder, with a little water. Add to saucepan and stir in well and fry for a couple of minutes. Now add your 800g Diced Chicken, breast or dark meat as you prefer stir in well. Add the creamed coconut.

Mix the Cream, Yogurt, Chopped Tomatoes, Tomato Puree, together in a jug with the water or stock and pour into the saucepan and mix in well. Turn up the heat until the sauce begins to simmer and leave to simmer for 15-20 Minutes. Stir occasionally.

Finally sprinkle in the Garam masala and stir in well for the final 2 minutes of cooking. Garnish with the Toasted Almond Slices and serve.

01286 674748

www.just-natural.co.uk

Just
natural
Health Food Shop