

Tikka Masala

2 chicken breasts defrosted

1 clove garlic

2 ½ cm piece of fresh ginger or 1tspn ground ginger

1 tin chopped tomato

4 tbspn natural yoghurt

1 chopped onion

2 tbspn oil

2 tbspn masala curry paste

Seasoning

3 tbspn chop fresh coriander

1. Cut the chicken breast into 2.5cm cubes. Heat the oil and fry over a medium heat until all sides are sealed.
2. Peel and finely chop the ginger and garlic.
3. Peel and chop the onion and add to the chicken and fry for a further 3-4 minutes, stirring constantly.
4. Stir in the masala curry paste and fry for a further minute over a medium heat stirring once or twice.
5. Add the tomato to the pan and mix together. Season with salt and pepper
6. Return to the heat and bring to the boil stirring constantly. Cover and cook over a gentle heat for 15 minutes. Sprinkle in the chopped coriander, stir and turn off the heat. Serve with boiled rice.

