

Totally Tasty Chicken Tikka





Ingredients

Serves 4-6

For the chicken marinade

- 800g skinless and boneless chicken thighs, bite size chunks
- 150g plain yogurt
- 1 tbsp curry powder
- 1 tsp turmeric
- 1 tsp ground cumin
- Coriander stalks, chopped
- Chilli powder, to taste (if you like a little spice)

For the tikka sauce

- 1 tbsp rapeseed oil
- 2 large onions, diced
- 1 garlic clove, grated or crushed
- 3 tsp fresh ginger, grated
- 3 tbsp curry powder
- 1 tsp ground coriander (optional)
- 400g tin of chopped tomatoes
- 1 tbsp tomato purée
- 1 chicken stock cube (reduced salt)
- Juice and zest of lemon
- ½ tin evaporated milk
- 50g fresh coriander, chopped (optional)

Basmati rice, tomatoes and red onion to serve





Method

Firstly you need to make the marinade! In a large bowl, mix the yogurt, spices and coriander stalks, then add the chicken chunks. Cover the bowl and marinate in the fridge for 2 hours, or overnight.

On a high heat, in a large non-stick pan, add a little rapeseed oil and seal the chicken chunks – this means we want to seal and brown the chicken – it won't be fully cooked through at this stage, but don't worry we aren't finished! We want to do this in batches to allow us to brown the chicken in a non-crowded pan!

Clean your pan, put on a medium heat and add a little more rapeseed oil. Add the diced onions and cook until soft and see through, then the garlic and cook for 1 more minute.

Next, mix in the ginger and spices, followed by the tomato purée and chopped tomatoes. Crumble in the stock cube and add a little water and stir! Mix in the chicken and bring to a gentle simmer (add a little more water if it needs more moisture). Turn the heat down and simmer for 15 minutes, until the chicken is cooked through.

Meanwhile, cook some rice as per packet instructions (why not try brown basmati rice!) and mix together some sliced red onion and large tomatoes as a side salad.

Lastly, stir in the lemon juice and zest, evaporated milk and coriander to the curry.

Plate up with the rice and tomato salad – enjoy the fresh flavours of your homemade, totally tasty tikka curry!





