

CHICKEN TIKKA MASALA

Ingredients

- **2 Chicken Breasts, skinned boned and cubed**
- **½ inch piece of fresh root ginger, finely chopped**
- **1 Garlic clove, finely chopped**
- **½ tsp chilli powder**
- **Sea salt, freshly milled pepper**
- **1 tbsp fresh coriander**
- **½ lime (juice only)**
- **1tbsp vegetable oil**
- **½ onion finely chopped**
- **½ red chilli**
- **½ tsp ground turmeric**
- **5floz/150ml double or single cream, alternatively half fat crème fraiche**
- **¼ lemon**
- **Fresh coriander to garnish**

Method

1. Place the chicken breasts in a large bowl and mix with the ginger, garlic, chilli, salt, pepper, coriander, lime juice, and ½ tbsp of the oil.
2. Cover and place in the refrigerator to marinate for 1 hour (or overnight).
3. Heat a heavy-bottomed shallow pan and, when hot, add the chicken and cook for 8-10 mins until chicken is browned on both sides.
4. Meanwhile, heat the remaining oil in a large pan and cook the onion and red chilli for 5-6 mins until golden brown.
5. Add the turmeric and cook for one minute.
6. Stir in the cream and cook gently for a couple of minutes.
7. Add the chicken to the creamy sauce and simmer for five minutes until the chicken is cooked through.
8. Check for seasoning and add lemon juice to taste.
9. Garnish with fresh coriander and serve immediately with rice and/or naan bread.