

# CHICKEN TIKKA MASALA

## PREPARATION – THE DAY BEFORE

Prepare the marinade the day before so the chicken can marinate overnight:

- Roughly chop the chillies • Peel the garlic and ginger
- Pick the coriander leaves (reserving the stalks)
- Dice the chicken into bite-sized chunks

1. Blitz the chillies, garlic, ginger and vegetable oil in a food processor.
2. Add the paprika, garam masala, tomato purée and coriander stalks, then blitz again to form a paste.
3. Place the chicken in a large bowl and coat with the paste, then leave in the fridge overnight to marinate.

## PREPARATION – THE NEXT DAY

- Slice the onions and peppers • Chop the coriander leaves

1. Place a large pan on a medium heat with a little vegetable oil.
2. Add the onions, peppers and spices. Fry gently for 10 minutes, or until softened.
3. Pour in the tomato base sauce, along with the yoghurt.
4. Add the marinated chicken and simmer gently for 15 to 20 minutes, or until cooked through.
5. Just before serving, stir through the single cream and the chopped coriander leaves.

## SERVING

Serve with fluffy wholemeal or white rice and mixed leaf salad.

4 to 10 year olds: 35-55g dried rice

11 to 18 year olds: 55-65g dried rice

## NOTE ON NUTRITION

The peppers, onions and tomato base sauce pack this curry with extra veg.

## NUTRITION

Each secondary portion (200.6g) contains:

Energy	Fat	Sat fat	Sugars	Salt
284kcal	14.1g	4.5g	11.1g	0.4g



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### JAMIE SAYS...

“This delicious curry is full of fragrant spices and can be made with a variety of meat or veg. For a vegetarian version, simply use chickpeas in place of meat.”

## NOTES

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## LOOKING FOR THE INGREDIENTS?

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## INGREDIENTS

30 25	60 50	120 100	180 150	240 200	Primary portions Secondary portions
2	4	8	12	16	fresh red chillies
5	10	20	30	40	cloves of garlic
75g	150g	300g	450g	600g	fresh ginger
¼	½	1	1½	2	bunches of fresh coriander
2.25kg	4.5kg	9kg	13.5kg	18kg	chicken breast
75ml	150ml	300ml	450ml	600ml	vegetable oil
½	1	2	3	4	tablespoons paprika
1½	3	6	9	12	tablespoons garam masala
½	1	2	3	4	tablespoons tomato purée
2	4	8	12	16	onions
1½	3	6	9	12	red peppers
1½	3	6	9	12	green peppers
¼	½	1	1½	2	tablespoons ground cinnamon
¼	½	1	1½	2	tablespoons ground coriander
¼	½	1	1½	2	tablespoons turmeric
1.75	3.5	7	10.5	14	litres Tomato base sauce
0.5	1	2	3	4	litres plain yoghurt
0.5	1	2	3	4	litres single cream