

Chicken Tikka Masala (Simplified)



Ingredients:

Serves 2

2 large chicken breasts	1 tsp turmeric powder
2 tbsps of chicken seasoning	1 tsp fennel powder
1 cup of onions/shallots	1 tsp cumin powder
½ bulb of garlic	1-2 tps chili powder (optional)
3 tbsps of coconut oil	1 can of chopped tomatoes or passata
3 tbsps of oil (extra if needed)	¾ cup of double cream
2 tbsps of curry powder	salt and sugar to taste

Method:

1. Cut chicken into bite size pieces then coat in seasoning and marinate for 30 minutes.
2. Finely chop onions and garlic.
3. Heat both oils together over medium heat in a pan that can contain all ingredients.
4. Stir the chopped onions and garlic into the hot oil. Then turn heat down to low.
5. Add all of the spices and gently saute onions for about 30 minutes until fragrant and mixture turns brown. Add additional oil if necessary so the onions do not burn.
6. Add the chicken, stir well and fry for 20 minutes over medium to high heat.
7. Add the chopped tomatoes to the chicken and stir well.
8. Add salt and sugar according to taste, but there should be a sour tang to this curry, so go easy on the sugar.
9. Bring curry to the boil and then simmer on a low heat for 20 - 30 minutes until cooked.
10. Add the double cream, stir well and gently simmer for 5-6 minutes.
11. Serve with white basmati rice with turmeric if preferred (1 tsp per cup of rice) or naan bread and poppadoms.