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# Chicken Tikka Masala

Blend No.1

Serves 4

A British favourite, this mild, creamy curry is a national treasure. Allegedly invented in Glasgow to satisfy a customer request, the Indian chef combined Chicken Tikka with cream, ketchup and house curry sauce. Tikka Masala was born. It has come a long way since then but here is an easy to cook classic.

## Ingredients

4 medium chicken breasts -  
diced

150ml plain yoghurt

2 tsp lemon juice

2 tsp SpiceMasters  
Tikka Masala mix

1 medium onion – finely diced

2 tbsp of oil or ghee

200ml passata or a tin  
of chopped tomatoes

100ml double cream

## Method

1. Prepare your ingredients.
2. In a bowl, mix 1 teaspoon of Tikka Masala with 2 teaspoons of water.
3. Add 2 teaspoons of lemon juice and 150ml of yoghurt.
4. Add the chicken, mix well and leave to marinate in the fridge for a minimum of one hour.
5. When ready, place the chicken on a baking tray and cook in the oven at 200°C/ gas 6. After 15-20, take the chicken from the oven and leave to rest. While waiting, make a tart on the sauce.
6. To make the sauce, add the oil or ghee to a pan over a medium heat.
7. Add the onion and fry until golden brown.
8. Add one teaspoon of the Tikka Spice mix and continue to stir with the onions for a few minutes.
9. Add the passata or chopped tomatoes and bring to boil, stirring continuously. Turn down the heat and simmer for 10 minutes.
10. Add the chicken and any remaining marinade left on the tray. Bring the sauce back to a simmer over a medium heat.
11. Add the cream. Turn up the heat for 2-3 minutes to thicken the sauce.
12. Serve and enjoy with rice and naan bread.

## Spice Masters Tips

**Marinating** - Deepen the flavours by marinating the chicken in the fridge for 4 hours or over night

**Chicken** - We cook the chicken in the oven to mimic the tandoori oven. If you are pushed for time you can stir fry the chicken.

**Spices** - It's important to "cook out" spices, frying them for a few minutes does this. Keep stirring them so they do not stick or burn as this will give your dish a bitter taste.

**Tomatoes** - We simmer them to allow the tomatoes to break down and the flavours to mature. It also reduces the water content making the sauce thicker.

**Cream** - It is important to use double cream when cooking at a high heat, the higher fat content stops the cream from splitting.