



Chicken Tikka Masala

1 large onion, 2 cloves garlic, 1 green chilli (optional), 1 red chilli (optional), ½ green cored capsicum, 1 ½ level tbsp Chicken Tikka Masala Blend, squeeze of lemon juice, 1 tbsp chopped coriander, ½ tsp roasted cumin seeds, 1 tsp ginger paste, 1 tsp garlic paste, ½ cup oil, 1 tbsp tomato paste, 1tbsp almond meal, ¼ cup cream, 1 cup water, salt to taste, ¼ cup natural yoghurt, 1kg chicken breast cut into 1 inch cubes.

Heat the oil and fry the chopped onion, garlic, green and red chillies, capsicum, and ginger in the oil. Add the Chicken Tikka Masala Curry Blend, lower the heat and fry well for 2 minutes. Add the chicken and seal on high heat. Add the tomato paste, ground almonds, water, lemon juice and salt and simmer for 15 minutes. Puree the sauce in a blender (optional) and return the sauce to the pan, add the cream. Reheat and simmer for a few minutes. Garnish with chopped coriander, yoghurt and cumin seeds. Serve with hot naan or rice.

Chicken Tikka

700g skinless chicken breast cut into 1 inch cubes, 1 ½ tbsp Chicken Tikka Masala Curry Blend, 1 tsp ginger paste, 1 tsp garlic paste, butter ½ cup yoghurt.

Mix the curry blend, yoghurt, ginger and garlic together and marinate the chicken cubes in this for 20 minutes, grill the chicken and baste with butter).