

Chicken Tikka Masala

- Chicken breasts x 1 per person. Diced into large chunks.
- This recipe I used 4 breasts.
- **Tikka Marinade**
- 300g natural yoghurt
- 6 green cardamoms, seeds only
- 3 garlic cloves, peeled
- 20g ginger
- 4 whole cloves
- 2 tbsp. Lemon juice
- 1 tbsp coriander powder
- 1/2 tbsp. Cumin powder
- 1 tsp turmeric powder
- 1 tsp garam masala
- 1/2 tsp hot chilli powder
- 1/ tsp red food colouring (optional)
- **Curry Paste**
- 1 tbsp oil, I used sunflower
- 1 onion, roughly diced
- 2 cloves of garlic, peeled
- 20g ginger
- 1 red birds eye chilli
- 4 whole cloves
- 2 tbsp coriander powder
- 1 tbsp cumin powder
- 1/2 tbsp. paprika powder
- 1 tsp turmeric powder
- 1/4 tsp hot chilli powder
- 4 fresh tomatoes, roughly diced
- **Curry**
- 2 bay leaves
- 1 tbsp. Garam masala
- 50g natural yoghurt
- 1 tbsp. Honey
- 100ml double cream
- Wooden skewers, soaked in water before cooking
- Coriander leaves for serving

Blend 50g of the yoghurt with all the other marinade ingredients until smooth.

Mix this with the rest of the yoghurt.

Add the chicken and marinade overnight.

You can make the curry paste in advance and store in a sealed container in the fridge for up to a week.

For the curry paste fry the onions in oil with the garlic and ginger until softened. Add the red chilli, cloves, powders and cook for a few minutes before adding the diced tomato. Season well with sea salt. Let this cook for around 10 minutes before emptying the lot into a blender and creating a smooth paste. Set aside until ready to use.

Skewer the chicken. Keep any extra marinade yoghurt to add to the curry later.

Heat a griddle pan with a brush of oil or cook on the BBQ.

Turn and griddle until fully cook and charred on the edges. Try not to overcook as you do not want dry chicken. Set aside whilst you make the sauce.

Add the curry paste to a pan and cook for a few minutes, add the bay leaves and 100ml hot water.

Keep stirring, add any leftover marinade from the tikka, if you haven't any then add 50g of natural yoghurt. Drizzle in the honey and season with salt and pepper.

Add the garam masala and cream and cook for 1 minute more.

Serve with the tikka pieces stirred through, add an extra drizzle of cream, and sprinkle some coriander leaves on top.