

HOMEMADE CREAMY CHICKEN TIKKA MASALA – TAKEAWAY STYLE

- 4 chicken 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
- half tsp hot chilli powder
- 1 tsp red food colouring (optional)
- **Curry Paste**
- 1 tbsp oil, I used sunflower oil
- 1 onion, roughly diced
- 2 cloves of garlic, peeled
- 20g ginger
- 1 red bird's 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

Add 50g of the yoghurt with all the other marinade ingredients and blend until smooth.
Mix this with the rest of the yoghurt.

Add the chicken and marinade overnight.

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 transferring the mixture to a blender and blending to a smooth paste. Set aside until ready to use. (You can make the curry paste in advance. Store it in a sealed container in the fridge for up to a week).

Skewer the chicken. Keep any extra marinade 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 cooked and charred around the edges. Try not to overcook it, as you don't 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 don't have 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.