

# The easiest chicken tikka masala...ever!

*\*Andrew says*

## **SERVES 4**

PREP 5 MINS, COOK 30 MINS

1tbsp groundnut oil

1 onion, sliced

*\*Also dried spices, garlic, ginger*

*\*Tomato*

500g pack chicken fillets

4-6 tbsp tikka masala paste

*Chopped vegetables: broccoli stems, carrots, etc.*

120g pot natural yogurt (= approx ½ cup)

small bunch coriander

mini poppadoms, to serve

**1** Heat the oil in a large wok and gently fry the onion for 5 mins to soften. *\*Add dried spices, garlic & ginger and cook to release flavours. \*Add tomato if using.* Add the chicken fillets and cook for 10 mins, turning as needed, until browned.

**2** Stir in the tikka masala paste (check jar instructions, as different brands vary in strength) and cook for a few minutes to cook-off the raw spice taste.

**3** *\*Add veggies and cook for a bit.* Stir in 120g pot of natural yogurt, then immediately turn off the heat. Serve sprinkled with a several sprigs of coriander.

Per serving: 225cals, 8g fat, 1g sat fat, 5g carbs

With ¼ bag mini-poppadoms = 315 calories

Read more at <http://www.womanmagazine.co.uk/diet-food/the-easiest-ever-chicken-tikka-masala-1799#b0h69XC2KuvOhVlU.99>