

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 $\frac{1}{2}$ 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 $\frac{1}{4}$ bag mini-poppadoms = 315 calories

Read more at <http://www.womanmagazine.co.uk/diet-food/the-easiest-ever-chicken-tikka-masala-1799#b0h69XC2KuvOhVIU.99>