



## Chicken Tikka Masala

Serves 4

4 Skinless chicken breasts  
cooking spray or coconut oil

salt and pepper

1 large onion (finely chopped)

1/2 pepper chopped

1/2 cauliflower (part boiled)

Handful green beans (part boiled)

Tin of chick peas drained

3 cloves of garlic

1/2 tsp crushed cardamon seeds

1/2 tsp turmeric

1 tsp tikka masala paste

4 tsp passata

150ml chicken stock

100g natural yogurt

Fresh coriander to garnish

1: Add the oil to the frying pan and add the spices, spices will pop and then add onions and tikka masala paste.

Add the chopped garlic stir 1 minute. Then add the passata sauce.

2: Dice chicken breasts and place in the frying pan, cook the chicken through.

3: Add the large diced peppers and add to curry and the chicken stock.

4: Part boil the vegetables and drain, then add to the curry. Add the drained chick peas.

5: Remove cardamon pods and star anise and cloves.

6: Once you are happy that everything is cooked and veg still have a bit of a crunch remove from heat and then add the natural Greek yogurt. Garnish with coriander at the end.

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(Optional add extra heat with chopped chillies)

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