



## Mild & Creamy Chicken Tikka Masala with Basmati Rice

This is a really popular dish in many Indian restaurants in Ireland and in the UK. However, the origins of Tikka Masala are somewhat disputed, some say it comes from the Punjab region of India while others claim it hails from Glasgow! Either way, we love this dish because it's quick, comforting and packs lots of spice and flavour.

### Ingredients

- Chicken Fillet - Diced
- Red Onion
- Red Pepper
- Red Chilli
- Ginger Thumb
- Fresh Coriander
- Natural Yogurt
- Basmati Rice
- Vegetable Stock Cube
- Tikka Masala Paste

### Your Pantry

- Olive Oil

### Nutritional Info

Calories: 586 kcal  
Carbohydrates: 1 g  
Protein: 45 g  
Fat: 11 g

### Allergens

Milk (Yogurt)

Celery (Stock Cube)

Stock Cube may contain traces of Egg, Soya & Mustard


Mustard (Curry Paste)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) Prepare the vegetables

Dice the pepper and onion into 1/2 cm squares. Finely chop 1/2 a chilli per person [remove the seeds unless you'd like some extra spice]. Peel and grate about 1 teaspoon of ginger per person.

### 2) Boil the rice

Add the basmati to a pot of boiling water and simmer for 8 – 10 minutes. While the rice is cooking move on the next step.

### 3) Make the stock

Combine the stock cube with 150 ml of water per person.

### 4) Fry the chicken and vegetables

In a large hot pan with some oil, add the chicken and seal it on all sides. This should take approximately 4-5 minutes. Add in the pepper, onion, chilli and ginger. Reduce to a medium heat and cook for a further 2 minutes.

### 5) Add the paste and stock

Add the tikka masala paste and the stock to the pan with the chicken and vegetables. Simmer for 8-10 minutes.

### 6) Plate the dish

Remove the chicken tikka masala from the heat, stir in the yogurt and add some chopped coriander. Serve with the basmati rice.



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