



6

SERVES/MAKES



COOKING TIME:
< 30 min



COOKING STYLE:
Stove

LANCEWOOD® CHICKEN TIKKA MASALA

INGREDIENTS:

Chicken marinade:

- 800 g chicken breasts, cut into chunks
- 250 ml **LANCEWOOD® Double Cream Plain Yoghurt**
- A 4 cm piece ginger, grated
- 15 ml Masala
- 5 ml turmeric
- 5 ml ground cumin
- 5 ml salt
- 2 ml cayenne pepper
- 30 – 45 ml oil

Sauce:

- 30 ml butter
- 2 medium onions, finely chopped
- 3 cloves garlic, crushed
- A 4 cm piece ginger, grated
- 30 ml sugar
- 10 ml Masala
- 10 ml ground cumin
- 5 ml turmeric
- 5 ml ground coriander
- 5 ml salt
- 2 ml cinnamon
- 1 x 410 g can puree tomatoes
- 250 ml **LANCEWOOD® Sour Cream** or 250 g **LANCEWOOD® Cultured Cream**
- 60 – 125 ml water (if necessary)

To serve:

- 2 naan breads
- 500 – 750 ml Basmati rice, cooked
- 60 ml coriander, chopped
- LANCEWOOD® Sour Cream** or **LANCEWOOD® Cultured Cream**

METHOD:

Chicken marinade:

Combine all the ingredients except the oil for the marinade. Add the chicken, mix to coat and marinate for at least 2 hours but preferably overnight. Heat the oil and fry the chicken in batches until browned all over. Set aside.

Sauce:

In the same pan, heat the butter. Add the onions and fry until soft and golden. Add the garlic and ginger and fry for 1 minute. Add the sugar, Masala, cumin, turmeric, coriander, salt and cinnamon. Add the pureed tomatoes and simmer over low heat until the mixture darkens and thickens. Add the sour cream or cultured cream and the chicken and cook for 10 minutes over low heat. Add a little bit of water if the sauce becomes too thick.

To serve:

Serve with naan bread, basmati rice, chopped coriander and a dollop of **LANCEWOOD® Sour Cream** or **Cultured Cream**.

PRODUCTS USED:

Double Cream Plain Yoghurt



Sour Cream



Cultured Cream

ENJOY!