



Arvinda's

premium spice blends for Indian cooking



CHICKEN TIKKA MASALA (CTM)

A great restaurant favourite of a creamy tomato curry sauce. Get delicious and healthy restaurant-style results in your own home!

(Serves 2-3)

Ingredients:

Marinade

1 lb	boneless chicken breast, cubed
¼ cup	thick plain yoghurt
1 tbsp	Arvinda's Tikka Masala
1 tsp	fresh lime OR lemon juice
½ tsp	salt

Sauce

1	extra-large onion <i>(or 4 medium onions)</i>
3 tbsp	oil
2-3 each	black peppercorns, cardamom pods, cinnamon bark, cloves and star anise from Arvinda's Whole Spices
½ cup	crushed tomatoes, canned <i>(unsalted)</i>
3 tbsp	Arvinda's Tikka Masala
1 tsp	sugar
1 tsp	salt <i>(or to taste)</i>
½ cup	light cream
1 tsp	lemon juice
½ cup	water <i>(add more if needed)</i>
½ tsp	Arvinda's Garam Masala , to garnish
¼ cup	fresh coriander, finely chopped, to garnish

CHICKEN TIKKA MASALA (CTM) cont'd

Method of Preparation:

Marinade: In a large bowl, mix marinade ingredients together. Add chicken and coat well. Cover and refrigerate overnight.

Preheat oven to 200C/400F/Gas Mark 6. Put chicken on baking sheet and bake for 10 minutes or until chicken is cooked. Set aside. **Option:** For best results, grill on barbeque.

Quarter onion(s). Boil in water until softened and cooked. Drain and purée in a food processor until smooth.

In a large pan, heat oil on medium-high. Add **Arvinda's Whole Spices** {black peppercorns, cardamom pods, cinnamon bark, cloves and star anise}. Gently fry for one minute until they sizzle and slightly brown. Add puréed onion(s). Cook for 10-15 minutes until reduced and becomes a thick paste.

Add crushed tomatoes. Mix. Add **Arvinda's Tikka Masala** and blend well.

Add cream, sugar and salt and mix into a sauce. Add cooked chicken. Simmer for 10-15 minutes. Add water and mix. Cook for a few more minutes. Add lemon juice.

Garnish with **Arvinda's Garam Masala** and coriander.