

STEP 6

- While the rice is cooking add the chicken to the sauce, stir and cook for 10-15 mins or until the chicken is cooked through (no longer pink in the middle).



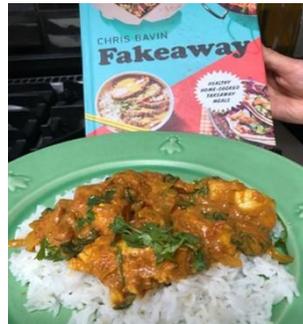
STEP 7

- Stir in the mango chutney, yogurt, and spinach (it will wilt and shrink) and a little salt.



STEP 8

- Drain the rice and serve with the chicken tikka masala. Add a little fresh coriander to garnish.
- Enjoy your Friday night Fakeaway!



NOTE This recipe is adapted from Chris Bavin's original version. Check out Chris's book for more excellent Fakeaways!



CHICKEN TIKKA MASALA & BASMATI RICE



INGREDIENTS

SERVES 5

- 1 tbsp veg oil*
- 1 large/2 small onions finely sliced.
- 3 cloves of garlic grated/finely chopped
- 5cm piece of fresh root ginger, peeled, grated/finely chopped
- 1 tsp sugar*
- 100g spinach
- 3-4 chicken breasts or chicken thigh, diced
- 1 tbsp mango chutney
- 100g natural yogurt
- 350g Basmati or long grain rice
- 400g tin of chopped tomatoes
- 100 ml of water*
- Fresh coriander to garnish

ALLERGENS Dairy (yogurt)

SPICE MIX

- 2 tsp mild curry powder
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp chilli powder
- 1 tsp cumin powder
- OR use 2 tbsp Tikka Curry Powder instead of this spice

EQUIPMENT

Sharp knife, chopping board, grater (small holes side), large frying pan, saucepan with a lid, wooden spoon.

STEP 1

- Finely slice the onions. Grate or chop the garlic and ginger.



STEP 2

- Add the oil to the frying pan over a low heat and cook the onions slowly for 10 mins until slightly golden.



STEP 3

- Add the spices to the onions and fry for 1 minute. Stir in the garlic and ginger and cook for 30 seconds.



STEP 4

- Add the chopped tomatoes, water and 1 tsp of sugar and simmer on a low heat for 10 mins.



STEP 5

- Add the rice to another pan and cover with double the quantity of cold water (700g). Bring to the boil then reduce the heat, cover and simmer for 12 minutes.

