

GF Friendly

Creamy Chicken Tandoori

chicken strips in a creamy Tandoori sauce

The original Tandoori recipe I borrowed this from called for large pieces of chicken, marinated for 4 hours, then grilled – no mention of a sauce. Yoghurt and vinegar or lemon juice were recommended for the marinade; but I imagined they would add a sharp, sour flavour which I didn't want. So I left both of them out and substituted coconut cream. For my money, it did the trick. As for the main flavouring, you could use a sauce from the supermarket, but I decided to make up my own from dried spices, the ingredients for which are listed below.

- 1 300g chicken breast fillet
- 2 button mushrooms, peeled and sliced
- ½ cup frozen peas
- 1 heaped tsp minced garlic
- 1 heaped tsp minced ginger
- 200ml coconut cream
- 1 Tbsp extra virgin olive oil
- 2 rounded tsps Tandoori spices



Tandoori spices are measured in parts. I used a teaspoon as the basic, combining each in a jar, then mixing well. This recipe serves two, so if catering for more, only increase the spices by 1 extra teaspoon in the marinade – you can always add more towards the end of cooking if desired.

1½ ground chilli; 1½ ground paprika; 2 ground coriander; 2 ground cumin; 1 garam masala; 1 ground ginger; 1 powdered garlic; 1 salt.

In a suitable bowl with a lid, combine **2 rounded teaspoons** of the dried spices with the coconut cream. Trim any fat from the chicken, cut into strips about 5cm x 1cm (2 x 3/8 inches); then place in the cream and fold well to coat thoroughly. Place this in the fridge to marinate for two hours.

Warm the minced garlic and ginger in a pan with the olive oil and fry the mushrooms and peas over a moderate heat for 2 minutes. Use a straining spoon to remove the chicken and place in the pan. Turn this over for 5 minutes on medium to cook through; then stir in the remaining marinade, turn down the heat and simmer for 10 minutes to reduce the liquid to a thick cream.

Serves 2, shown above with braised vegetables (Recipe 69)

should freeze okay

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