

Tikka Masala

Traditional spicy Tikka Masala with chicken and tomatoes

Tikka Masala seems to be quite popular, and as the main flavour comes in a jar it is easy to prepare and cook. The brand I used, however, contained gluten.

- 250g diced uncooked chicken
- 1 small onion, diced
- 70g Tikka Masala paste
- ½ tsp salt (optional)
- 200g diced tomatoes
- 200ml coconut cream
- 1 Tbsp olive oil, or similar
- ¼ cup water



Heat the oil in a wok or frying pan, put in the onion and fry covered until soft and slightly golden, tossing occasionally. Stir in the Tikka Masala paste and heat for 3-5 minutes. Add the chicken and stir-fry for about 1 minute to sear; then include the tomatoes and cook for a further 5 minutes to reduce. Mix in the water and continue cooking to evaporate most of the liquid. Turn down the heat to simmer and cook covered for 15-20 minutes.

Reduce further if you wish, then add the coconut cream and re-heat just before serving.

Note: I found the tang of tomatoes quite strong which was probably due to using light coconut cream; but I would imagine substituting about 120ml of dairy cream would make it creamier and less sharp. If you choose to go this way, after adding it avoid bringing to the boil before serving.

Serves 2 – 4 with vegetables or rice

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