



Tikka Masala- Medium

Serves 4-6 people

Ingredients:

Ghee, butter, clarified butter, or 3 tbsp vegetable oil	60g, 2oz
Onions, chopped	450g or 1lb
Garlic cloves, crushed or blitzed	8 large
Ginger, grated or blitzed with skin on	90g, 3 fat inches
1 sachet of GREEN SAFFRON Tikka Masala	
Tomatoes, tins of chopped	2
Sugar (this helps to bring out the spices)	1 dst sp
Chicken thigh meat, diced	1 kg, 2lb
(if you prefer to use breast meat, reduce the cooking time by half, once you've added it!)	
Yoghurt, natural, plain	150ml or 5floz
Crème fraîche	150ml or 5floz
½ lemon, juice and zest finely grated	

How to make your meal:

- 1.Heat the ghee, butter (or clarified butter, oil) in a large casserole dish or saucepan on medium heat
2. Next, add the chopped onions, garlic, ginger and sweat until soft, about 8 to 10 minutes, lid on
- 3.Then add your sachet of GREEN SAFFRON Tikka Masala and fry gently for a minute (don't worry if the mix looks a little dry at this stage, it will all come good)
- 4.Add the tomatoes and sugar, bring to a rapid bubble, then turn down the heat to a medium simmer and cook for about 10 minutes, lid half on
- 5.Next, remove from the heat and whizz with a hand-held blender or pour into a food processor or blender and blitz until smooth, or as smooth as you'd like it to be
- 6.Put the pan back onto a medium heat with the whizzed up tomato sauce, add the yoghurt, lemon juice, raw chicken and stir well to combine everything
- 7.Allow the sauce to come to a 'gentle bubble', lid off, then turn the heat down slightly to medium-low, pop the lid partially on allowing a little gap and cook for about 20 minutes, stirring occasionally
- 8.Then, add the crème fraiche and lemon zest, turn up the heat, bring back up to a gentle bubble and cook gently for another 5 to 7 minutes or until the chicken is just cooked....Simple!

Serving Suggestion:

Sprinkle with freshly chopped coriander and serve with Green Saffron's Aged Basmati rice, Naan and smoked banana riat a

Alternative Suggestions:

As a vegetarian option try using potatoes and cauliflower to make up the same weight as the meat, then add peas just at the end, turn off the heat, stir through and serve! Try replacing the chicken with 2 lbs of stewing lamb (cut from the shoul der), but cook the dish for about 1½ hour (in part 7) or just until the meat is good and tender.

Remember:

This recipe has been tried and tested by the Green Saffron Masaalchi and is pretty much guaranteed, but if you want to change the quantities of a couple of ingredients go for it....experiment and enjoy your cooking. With Green Saffron Spices you can't go wrong!!!

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