

# Tikka Masala - medium

Serves 6-8 people

## STEP 1:

### Ingredients:

6 large cloves of garlic, crushed or blitzed  
90g/3oz or 3 fat inches of ginger, grated or blitzed with skin on  
300ml/½ pint (or 2 small pots) natural, plain yoghurt  
1 Packet of GREEN SAFFRON Tikka Masala **SACHET 1** Marinade Mix  
½ lemon, zest and juice  
2tblsp sunflower oil (any type of general cooking oil really, - not sesame!)  
1kg/2lb of chicken meat (white, brown or a mix of both), diced

### How to start making your meal:

1. Combine all the above ingredients, mix well, cover with a damp tea towel and set aside for a least two hours (or over-night in the fridge)

## STEP 2:

### Ingredients:

60g/2oz ghee, butter, clarified butter, or 3 tbsp vegetable oil  
450g/1lb onions, chopped  
6 large cloves of garlic, crushed or blitzed  
30g/1oz or 1 fat inch of ginger, grated or blitzed with skin on  
1 Packet of GREEN SAFFRON Tikka Masala **SACHET 2** Tomato mix  
2 tins of tomatoes  
2tsp sugar (this helps bring out the spices)

### How to finish making your meal:

2. Heat the ghee, butter (or clarified butter, oil) in a large casserole dish or saucepan on medium heat.
3. Next, add the chopped onions, garlic and ginger and sweat until soft.
4. Then add the Tikka Masala **SACHET 2** Tomato Mix and toast for a couple of minutes (don't worry if the mix looks a little dry at this stage, it will all come good)
5. Add the tomatoes and sugar, turn down the heat to a medium simmer and cook for about 20 minutes.
6. Then, remove from the heat and whizz this spicy tomato sauce in a processor, liquidiser or with a hand blender until smooth (or as smooth as you like)
7. Put the pan back on the heat, set to medium, add the whizzed up tomato sauce also add the chicken and all its Marinade Mix from **STEP 1**, stir well to combine the two.
8. Turn the heat down to low, cook for about 20 minutes (stirring occasionally) or until the chicken is just cooked (turn the heat down further if the sauce starts to spit mad, or feels like it may burn)...Simple!

### Serving Suggestion:

Sprinkle with freshly chopped coriander and serve with Indian Basmati rice.

### 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 and cook enough to heat then through.

Try replacing the chicken with 2 lbs of stewing lamb, but cook the dish for about 1 hour (in part 8) 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!!!

## Cucumber and Coriander Riata

### Ingredients:

1 pint (or 4 small pots) natural, plain yoghurt  
1tblsp of GREEN SAFFRON Garam Masala Spice Mix  
2tblsp freshly chopped coriander  
½ cucumber, thinly sliced or diced  
Juice and zest of a lime  
Pinch of salt and pepper

### How to make the riata:

Combine the above ingredients...simple!

### Serving suggestion:

Use as an accompaniment to any GREEN SAFFRON Curries.