

Chicken Tikka

INGREDIENTS

TIKKA PASTE

- 2tsp cumin seed
- 2 tsp coriander seed
- 10cm piece of ginger
- 3 cloves garlic
- 2tbsp veg oil
- 2 chillies, roughly chopped
- 1tsp cinnamon
- 2 tsp garam masala
- 1tbsp smoked paprika
- 2 tbsp tomato paste
- juice and zest from 1 lemon
- 1tbsp ground almonds

- 4 chicken breast
- 2 red onions
- 2 fresh red chillies
- 2 tbsp vegetable oil
- 400g tinned tomatoes
- 200ml coconut milk
- 2 tsp LoSalt

METHOD

1. First make the paste. Toast the cumin and coriander seeds and then crush in a pestal and mortar. Then peel and roughly chop the ginger and garlic and add to a food processor with the chillies and all the spices, drizzling in the oil, tomato paste and lemon. Blitz until all the ingredients have been thoroughly mixed. Add the almonds and again blitz till thoroughly mixed.
2. Next, peel and thinly slice the onions and the chillies. On a separate board slice the chicken into finger size slices.
3. In a pan, on a high heat, add the oil and fry the onions and chillies until they begin to soften. Add the chicken and continue to cook turning all the time. At this point you just want to colour the outside of the chicken. As it browns add the paste. Keep turning to stop it burning.
4. Then pour in the tin of tomatoes, bring to a simmer and reduce by 1/3, then add the coconut milk, bring to the boil and then reduce down the heat. Simmer for 20min then season with the salt. The texture of the sauce should be swampy and the chicken fully cooked.



Serves 4

RECIPE BY:
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