

Chicken Tikka Masala



Ready in 45 minutes, plus marinating

Serves: 4

Profitability:

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Ingredients:

1 lime, juiced

150g fat free natural yoghurt

5 tbsp tikka curry powder

Salt & freshly ground black pepper

4 skinless & boneless chicken breasts, cut into bite-sized chunks

Low calorie cooking spray

1 onion, grated

4 garlic cloves, crushed

2cm piece of root ginger, peeled & grated

1 red chilli, deseeded & chopped, plus sliced chilli to garnish

1 tsp ground cinnamon

1 tsp ground cumin

6 tbsp tomato purée

5 tbsp fat free natural fromage frais

Small handful of roughly chopped fresh coriander, to garnish

Steps:

In a large dish, mix the lime juice, yoghurt and 3 tbsp of the tikka curry powder. Season to taste, add the chicken and toss to coat well. Marinate in the fridge for at least 4 hours

Spray a large non-stick frying pan with low calorie cooking spray and place over a medium heat

Add the onion, garlic, ginger, chilli, cinnamon, cumin and remaining tikka curry powder, stir well and fry for 2-3 minutes. Stir in the tomato purée and 250ml of water. Bring to the boil, reduce the heat to low and simmer for 12-15 minutes, stirring often

Meanwhile, thread the chicken pieces onto metal skewers, spray with low calorie cooking spray and grill for 12-15 minutes or until cooked through and lightly charred, turning occasionally. Slide the chicken off the skewers and into the sauce, stirring well

Remove the pan from the heat and stir in the fromage frais. Scatter over the coriander and serve hot with your favourite rice and salad