



## **Chicken Tikka Masala**

This Chicken Tikka Masala recipe is healthy and bursting with flavours. The combination of lemon zest and juice and the variety of spices create a harmoniously refreshing yet comforting meal.

It is simple to prepare and worth the wait to allow the marinade to work its magic on the chicken. With this recipe I deviate from the traditional grilling of the marinated meat. The way I prepare chicken tikka masala keeps all the vibrant flavours as well as serving it with a silky, flavoursome tikka masala sauce. It is easier and quicker to do this way, and in my opinion, totally rocks.

This recipe can also be cooked in the slow cooker.

### **Serves 4**

#### **For the marinade**

8 cloves	Chilli flakes to taste
1 tsp cumin	Zest and juice of 1 lemon
2 tsp garam masala	5 cm piece of finely chopped ginger
2 tsp ground coriander	6 generous tbsp natural yoghurt
2 tsp smoked paprika	4 chicken breasts
2 tsp turmeric	Pinch of salt

#### **For the tikka masala sauce**

1 tbsp coconut oil	1 x 400g tin chopped tomatoes
2 x red onions (roughly chopped)	1 x 400g tin coconut milk
4 x cloves garlic (chopped large)	Small handful chopped coriander

#### **Method:**

##### **How to prepare Chicken Tikka Masala marinade**

1. Cook the cloves, cumin, paprika, garam masala, coriander and turmeric in a small pan for 30 seconds to waken up their flavours. Tip into a large bowl. Add the zest and juice of 1 lemon, ginger, yoghurt and salt.
2. Cut the chicken breasts into 1 inch cubes and combine well with the marinade.
3. Cover and place in the fridge for between 2 and 24 hours. The longer you are able to leave the chicken in the marinade, the more the flavours will enhance the chicken.

##### **How to cook Chicken Tikka Masala on the stove**

1. Melt the coconut oil in a frying pan and add the onion and garlic. Fry for 10 minutes until beginning to brown. Empty the bowl containing the chicken and marinade into the pan and mix with the garlic and onion.
2. Add the tinned tomatoes and coconut milk and bring to the boil. Simmer for around 30 - 40 minutes until the chicken chunks are cooked through.
3. Just before serving, add the chopped coriander.

For more recipes visit: <http://www.flourishtherapy.co.uk/healthy-recipes/>



### How to cook Chicken Tikka Masala in the slow cooker

1. Omit frying the onion and garlic and just add to the slow oven (without the coconut oil). Add the chicken and marinade, tinned tomatoes and coconut milk and cook on high for around 5 hours.
2. Before serving add the chopped coriander.
3. Serve with brown rice.