



### SLT - PATAKS CHICKEN TIKKA MASALA

This classic Tikka Masala is one of 'Britain's true national dishes'. Every time you take a mouthful of this deliciously creamy and flavoursome dish, you will remember it all over again and know why it is so beloved.

 30 minutes 1 hour 4 portions

## INGREDIENTS

- 2 tablespoons of oil, olive [22 g]
- 1 large unit of onions, raw [240 g]
- 400 grams of chicken, light meat, raw
- 1/2 large can of tomatoes, canned, whole contents [200 g]
- 100 grams of cream, fresh, double, including Jersey cream
- 240 grams of rice, brown, wholegrain, raw
- 4 tablespoons of curry paste [104 g]

## COOKING METHOD

- 1° Peel and roughly chop the onion into pieces about the size of a £1 coin. Starting from the thickest part of the breast fillet, run your knife down to the thinnest part, cutting at least 3 to 4 strips depending on the size of the fillet. Then dice the chicken into pieces about 2 inches. Gather all other ingredients and weigh ready for cooking.
- 2° Heat oil in a medium saucepan, when hot add the onion, and cook on a medium heat until soft and lightly browned. Weigh out your rice and cook at the same time as your curry, according to packet instructions.,
- 3° Add the Patak's Tikka Masala Spice Paste (4tbsp), 100ml of water, Stir occasionally, until your sauce is reduced and thickened.
- 4° Add the chicken and cook until sealed. Outside surface of chicken will change from red to white.
- 5° Add 100ml of water and the tomatoes. Bring the curry to the boil, and simmer un-covered for 10 minutes.
- 6° Add the double cream and simmer un-covered for 5 minutes.
- 7° Serve on a bed of brown rice.
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## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [321 g]	% DRI
ENERGY	179 kcal	573 kcal	29 %
PROTEIN	10 g	31 g	63 %
CARBOHYDRATE	17 g	56 g	21 %
SUGARS	2 g	8 g	9 %
FAT	8 g	27 g	38 %
FATTY ACIDS, TOTAL SATURATED	3 g	10 g	48 %
FIBER	2 g	5 g	21 %
SODIUM	145 mg	465 mg	19 %