



Arvinda's

artfully created Indian spice blends



Chicken Tikka Masala

This is the curry that took Britain by storm. You can now get delicious and healthy restaurant-style results in your own home!

Ingredients:

Marinade:

1 lb. boneless chicken breast, cubed
¼ cup thick plain yogurt
1 tbsp. **Arvinda's Tikka Masala**
1 tsp. fresh lime or lemon juice
½ tsp. salt

Sauce:

1 large onion (or 2-3 medium sized)
3 tbsp. oil
2-3 **each** cardamom pods, star anise, cloves, cinnamon sticks and black peppercorns from **Arvinda's**

Whole Spices

½ cup crushed or ground tomatoes
3 tbsp. **Arvinda's Tikka Masala** (use 2 tbsp. for milder flavour)
1 tsp. sugar
1 tsp. salt or salt to taste
½ cup light cream
1 tsp. lemon juice
¼ cup water + extra
½ tsp. **Arvinda's Garam Masala**, to garnish
¼ cup cilantro, finely chopped, to garnish

Vegetarian Option:

Substitute chicken for paneer (Indian cheese) for a vegetarian option.



Method of Preparation:

Marinade: In a large bowl, mix marinade ingredients together. Add chicken and coat well. Cover and refrigerate for 2-4 hours or overnight.

Preheat oven to 400F. Put chicken on baking sheet and cook for 10-15 minutes until chicken is cooked. {Option: Grill on BBQ}. Set aside.

Quarter onions. Boil onions in water until softened. Drain and puree in a food processor until onions are fine and smooth.

In a large pan, heat oil on medium-high. Add **Arvinda's Whole Spices**. Gently fry for one minute until they sizzle.

Add pureed onions. Cook for 10-15 minutes until they are reduced and become a thick paste.

Add ground tomatoes. Mix. Add **Arvinda's Tikka Masala** and blend to make a masala paste.

Add cream, sugar and salt and mix into a sauce. Add cooked chicken. Simmer for 10-15 minutes. Add water and mix. Cook for a few more minutes.

Add a squeeze of lemon. Garnish with **Arvinda's Garam Masala** and cilantro.