Dinner

Speedy chicken tikka masala curry

Cubed chicken simmers in a rich tikka paste and tomato sauce, lifted with fresh coriander and finished with a swirl of yogurt. This warming curry comes together in around 15 minutes.



Low fat | Freezer safe

15 min	150	9.7 g	8.7 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tsp rapeseed oil
- [ ] 1 large onion, chopped
- [ ] 1 red pepper, finely chopped
- [ ] 2 skinless chicken breasts (300g), cubed
- [ ] 2 tbsp tikka paste
- [ ] 2-3 cloves of garlic, crushed
- [ ] 1 x 400g tin chopped tomatoes
- [ ] 2 tbsp freshly chopped coriander plus 2 tsp to serve
- [ ] 2 tbsp 0% fat Greek yogurt

Method

- [ ] 1 Heat the rapeseed oil in a pan.
- [ ] 2 Tip in the chopped onion and red pepper and cook for 5 minutes until soft.
- [ ] 3 Add the cubed skinless chicken breasts and cook for 3 minutes.
- [ ] 4 Stir in the tikka paste and cook for 1-2 minutes until the chicken is evenly coated.
- [ ] 5 Add the crushed garlic and the tin of chopped tomatoes, mix well and bring to a gentle boil.
- [ ] 6 Cover the pan and simmer gently for 6-8 minutes.
- [ ] 7 Stir in the freshly chopped coriander, then take the pan off the heat.
- [ ] 8 Swirl in the 0% fat Greek yogurt.
- [ ] 9 Scatter over the remaining 2 tsp of coriander and serve straight away.

Nutrition Facts

Per serving

Calories	150
Total fat	2.3 g
Saturated fat	0.3 g
Sodium	Not listed
Total carbs	9.7 g
Fiber	3.4 g
Total sugars	8.7 g
Protein	21 g

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