

Chicken Tikka Masala



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Diced Chicken 50/50	56 g	560 g	2.8 kg	5.6 kg	11.2 kg
Onions	6 g	60 g	300 g	600 g	1.2 kg
Chopped Tomatoes	110 g	1.1 kg	5.5 kg	11 kg	22 kg
Natural Yogurt	0 g	0 g	1 g	2 g	4 g
Ground Ginger	0 g	2 g	10 g	20 g	40 g
Paprika	0 g	2 g	10 g	20 g	40 g
Ground Cumin	0 g	2 g	10 g	20 g	40 g
Garlic Puree	0 g	2 g	10 g	20 g	40 g
Brakes Curry Powder	0 g	2 g	10 g	20 g	40 g
Green Pepper	3 g	30 g	150 g	300 g	600 g

Method

Mix the garlic, ginger and other spices with a little oil and rub into the chicken.

Marinate the chicken overnight

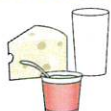
Roast the marinated chicken in the oven at 190c to give it colour

Pour over the chopped tinned tomatoes and sliced peppers and cook at 160c until core temperature reaches 75c.

Take out of oven and stir in the yoghurt and return to the oven for the yogurt mix to reach 75c.

Serve with rice.

Assembled Tags



Contains Milk



Contains Mustard

Chicken Tikka Masala

Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	82.23kcal	47.04kcal
Fat	1.44g	0.82g
Satd FA /100g fd	0.34g	0.19g
Carbohydrate	4g	2.29g
Protein	13.75g	7.87g
Non Milk Extrinsic Sugar	0.03g	0.02g
NSP	0.93g	0.53g
Vitamin A	73.73µg	42.18µg
Vitamin C	16.5mg	9.44mg
Zinc	0.82mg	0.47mg
Iron	1.21mg	0.69mg
Folate	32.28µg	18.47µg
Calcium	21.63mg	12.37mg
Sodium	93.05mg	53.23mg
Salt	0.23g	0.13g
Total sugars	3.52g	2.01g



Standard Size: Ptn

Allergen Assembled Tags

