

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

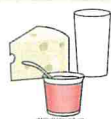
Roast the marinated chicken in the oven at 190c to give it colour

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 yoghurt mix to reach 75c.

Serve with rice.

Assembled Tags



Contains Milk



Contains Mustard