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Healthy Chicken Tikka Curry with Homemade Tikka Paste

<http://properfoodie.com/chicken-tikka-masala-curry/>

A full flavoured healthy curry made using yogurt, ground almonds and a homemade tikka masala paste. I declare it shall be curry night, every night!

Ingredients

For the Curry:

tbsp Walnut oil
4 chicken breasts chopped into 2 cm pieces
3 tsp of homemade Tikka paste
2 Onions chopped into 2cm chunks
1 red bell pepper chopped into 2cm chunks
1 yellow bell pepper chopped into 2cm chunks
1 large garlic clove finely chopped
Handful of fresh coriander (including the stems)
1 red chilli seeds removed and finely chopped
1 tsp turmeric
1 tsp ground coriander
3 average sized tomatoes roughly chopped
40g ground almonds
1 tin chopped tomatoes
1 tbsp tomato puree
100g Greek style natural yogurt (0% fat)
Extra fresh coriander to serve

Method

For the paste:

Place all ingredients into a blender. Add just 1 tbsp of oil to begin with – more can be added as required. For ease, place the wet ingredients in the blender first. Blend until a smooth consistency is reached. Add more oil or tomato puree if the paste is too thick or if the blender is struggling to pulse together the ingredients. Taste a small amount and add more salt, tomato puree or even a dash of chilli powder if desired. For an extra kick add a few drops of Tabasco and a dash of Worcester sauce.

For the Curry:

In a bowl coat the chicken with the tikka masala paste. Cover and leave to marinate in the fridge for 1-2 hours (or overnight if possible).

Pre heat the oven to 150°C (alternatively add all ingredients to a slow cooker).

Heat 1 tbsp of oil in a heavy based pan or casserole dish. Add the onion, bell peppers and garlic and gently cook for 5 minutes.

Roughly chop the stems of the fresh coriander and add to the pot, reserve the leaves for later. Add the chilli, turmeric and coriander. Stir well and cook until golden.

Next add the tomatoes, chicken with its marinade, ground almonds, tinned tomatoes and tomato puree. Stir well and bring to the boil.

Finally reduce the pan to a simmer, stir in the yogurt and cover with a lid. Place in the middle of the oven and cook for an hour. Serve with rice and sprinkle over chopped coriander.



For the Tikka Paste:

1 clove garlic, roughly chopped
1 red chilli, seeds removed and roughly chopped
2cm piece of fresh ginger, peeled and grated
2 tsp garam masala
1 tsp cayenne pepper
1 tsp paprika
1 tsp ground coriander
1/2 tsp cumin seeds
2 tbsp Walnut oil
1 tbsp tomato puree
Handful of fresh coriander chopped (including stems)
Pinch of sea salt