Recipe

chicken tikka masala

for a family of 4

Say hello to our yummy chicken tikka masala! Tender chicken pieces are simmered in a mild, flavour packed masala sauce with soft potato and sweet petit pois making it a dish that's as comforting as it is delicious. It's the perfect way to practise those knife and fork skills, and pairs beautifully with fluffy rice or warm naan. Extra yummy with a dollop of yoghurt and pakoras!

Ingredients

4 chicken thighs - boneless & skinless

glug of cooking oil

500g new potatoes - quartered

3 garlic cloves - minced

1 large thumb of ginger - minced

1tbsp of garam masala

1tsp of ground cumin

1tsp of turmeric

1tsp of ground coriander

pinch of mild red chilli flakes

25g of tomato puree

500g of tomato passata

400ml of coconut milk

350ml water

500g frozen petit pois peas

Method through oven

Heat oil in a wide pan over medium heat

Add onions and cook until golden (about 15 mins), stirring occasionally

Stir in potatoes and add garlic, ginger, and spices and mix well to coat everything

Mix in tomato paste, then add passata, coconut milk, and water and stir well

Simmer for about 1 hour or until the sauce reduces and potatoes are soft

Meanwhile, preheat your oven to 180°C. Place chicken thighs on a tray, drizzle with oil, and roast for 20 mins or until cooked through then set aside

Once your curry is almost ready, taste it and see if you'd like to make any additions then add your frozen peas, stirring well to incorporate and also allow them to cook for a few minutes

Slice chicken and serve on top of curry with rice and naan. Finish with a dollop of yoghurt and some pakora!

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Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 2/10/2025.
As we are continuously improving our recipes, it is essential to check the label on the dish packaging.