

Chicken Tikka Masala



Serves 4

Per serving

256 calories, 4g fat

Preparation time 10 minutes

Cooking time 30 minutes

This recipe appeared in the latest issue of the Rosemary Conley Diet & Fitness magazine.

Ingredients

- 4 x 125g Chicken breasts (no skin)
- 1 tsp smoked paprika
- 2 garlic cloves crushed
- 2 red onions, chopped
- 1 x 2cm piece fresh ginger peeled and chopped
- 1 tsp cumin seeds
- 1/2 tsp ground tumeric
- 1 tsp garam masala
- 1 small red chilli, chopped
- 1-2 tsps vegetable stock bouillon powder
- 1 x 400g can plum tomatoes, blended
- 2 tbsps 3% fat natural yogurt
- chopped fresh coriander to taste

Cooking Instructions

1. Chop the chicken into chunks and place in a bowl with the smoked paprika and crushed garlic.
2. Preheat a non-stick frying pan and dry-fry the chopped onion until soft and lightly browned. Stir in the spices and cook for 1-2 minutes.
3. Add the chicken to the pan, along with the paprika and garlic, and move the chicken around the pan so it gets coated with spices. Once the chicken has changed colour, add the chilli, stock powder and tomatoes and simmer gently for 20 minutes until the chicken is cooked.
4. Just before serving, remove the pan from the heat and stir in the yogurt and chopped coriander.
5. Serve with boiled basmati rice, mango chutney and low-fat naan bread.

Here's a tip: Remove the pan from the heat before adding the yogurt - otherwise, if the sauce boils, the yogurt will curdle.

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