Mild chicken tikka masala



By Matthew Martin

10 minutes preparation time

30 minutes cooking time

Serves 4-6

Ingredients

- 500g boneless chicken
- 2 tbsp vegetable oil
- Half an onion or 2 shallots
- 2 cloves garlic
- 1 large jar tikka masala sauce
- 100ml plain yoghurt

To garnish

- Flat leaf parsley
- A lemon (cut into wedges)

Method

1. Fry the onion and garlic gently in the oil. Add the chicken pieces and fry until golden brown and cooked all the way through.
2. Add the sauce and simmer for 5 minutes.
3. Add the yoghurt and stir through the sauce.
4. Serve the chicken with rice.

1. Whose recipe is this?

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2. How many cloves of garlic are used?

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3. What comes in a jar?

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4. How long should we simmer the chicken?

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5. What should we serve with this dish?

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