

CHICKEN TIKKA MASALA WITH TEMPERED HERBS & DAHL

Serves 6

INGREDIENTS:

8 Cater Chicken Leg Quarters

Chicken Marinade:

1 cup yoghurt

2 tbsp tikka spice

1 tsp paprika

1 tbsp lemon juice

Salt

Marinate for 2-4 hours

Tikka Masala Sauce:

2 tbsp oil

1 onion, finely chopped

3 cloves garlic

1 tbsp ginger

2 tsp garam masala

1 tsp turmeric

1 tsp cumin

400 g tomato puree

½ cup cream

Spiced Dahl:

1 cup red lentils

3 cups water

1 tsp turmeric

1 onion

2 cloves garlic

Tempered Herb Tadka:

2 tbsp ghee

1 tsp mustard seeds

Curry leaves

Fresh coriander

Green chilli

METHOD:

Tikka Masala Sauce:

1. Fry onion until golden.
2. Add garlic, ginger and spices and toast.
3. Add tomato puree and simmer for 10 minutes.
4. Grill or pan-sear marinated chicken until charred.
5. Add chicken to sauce and finish with cream.

Spiced Dahl:

1. Cook all ingredients until soft and creamy.

Tempered Herb Tadka

1. Heat until fragrant and pour over finished curry.

Garnish with coriander/dhanya and lemon wedges for the chicken. Serve with rice, sambals, and naan.