



Chicken & Vegetable Masala Curry

Information

- Serves: 4-6
- Preparation time: 10 mins
- Cooking time: 30 mins
- Difficulty: Easy

Ingredients

- 1 tbsp olive oil
- 1 large onion, diced
- 1 tsp ginger, crushed, grated or finely chopped (see notes)
- 2-4 garlic cloves, minced or finely chopped (see notes)
- 200g Tikka Masala curry paste
- 50ml water
- 500g chicken breast, diced
- 400g tin of chopped tomatoes
- 400g tin of chickpeas, drained and rinsed
- 2 tbsp ground flaxseeds (optional)
- 3-4 cups of chopped vegetables, e.g. mushrooms, peppers, courgettes
- Salt to taste
- Accompaniments (e.g. rice, yoghurt, papadums, mango chutney)

Method

1. Put brown rice on the boil if using (as per packet instructions).
2. Heat the olive oil in a large deep pan (medium-to-high heat).
3. Add the diced onion and fry until soft (about 3 mins).
4. Add the ginger, garlic and curry paste. Stir, then cook for 2 mins.
5. Add 50ml water, stir again, and cook until the water has evaporated (about 3 mins).
6. Add the diced chicken and cook until sealed (stir a few times while cooking).
7. Pour in the chopped tomatoes and stir.
8. Add the chickpeas, ground flaxseeds and vegetables to the pan and stir.
9. Allow to simmer uncovered for 15 mins, stirring every 5 mins.
10. Check the chicken is cooked through, then add salt to taste.
11. Serve with accompaniments.

Notes

- If you don't eat meat, you can just leave out the chicken and add more vegetables. Whole button mushrooms or big chunks of aubergine would make good replacements, and work well with the other ingredients.
- I'm a bit lazy when it comes to finely chopping/grating, so I buy jars of ready-crushed ginger and keep them in the fridge to use whenever I need them.
- You can use as much garlic as you like. Garlic is a good cholesterol-lowering food, so I use 1 clove per person. You can't really taste the garlic in the curry once it's cooked, so I'd recommend using all 4 cloves. I use a garlic mincer, as I don't really like the taste of the ready-minced garlic you can buy in jars.
- To increase the vegetable content even more, you can add a few handfuls of spinach leaves to the curry. Stir them into the curry about a minute before serving, and they will add a great contrast to the red tomatoes.
- Just before serving, I add a spoonful of fat-free yoghurt on top of the curry. It goes really well with the Tikka Masala, especially if it's spicy. My husband has cream cheese with his curry instead of yoghurt (he doesn't have high cholesterol). I also sprinkle some flaked almonds on top if I have any, which adds a bit of crunch.