



*Scotland Island Gourmet Fresh*

### **Chicken Tikka Masala with Jasmine Rice**

Prep 10 mins  
Cook 20 mins  
Total 30 mins

Pantry  
Water, Olive oil

Ingredients (In order that they are used)

	2 people	4 people
Jasmine Rice (rinsed well)	1 cups	2 cups
Curry Paste	2 tbls	4 tbls
Olive oil	2 tsp	4 tsp
Chicken Thigh, diced	2	4
Brown onion, peeled and chopped (finely sliced)	½	1
Tomato paste	1 tbls	2 tbls
Greek yoghurt	1 tub	2 tubs
Coriander, leaves only, chopped	1 bunch	2 bunches
Lemon (cut into wedges)	1	2

1/ Bring the water to the boil and add the rice, cook for 10 - 15 mins or until the rice is soft. Drain and cover and leave to the side off the heat until you are ready to serve.

2/ Pop the curry paste in a bowl with a little olive oil and add the diced chicken, the longer you can leave the chicken to marinate the better the flavours. If you have time to let it marinate, cover it and pop it back in the fridge.

3/ Heat some more olive oil in the pan. Add the onion and cook until soft, about 5 mins. Add the marinated chicken and let it cook until the chicken is cooked through and no longer pink in the middle. Add the tomato paste and Greek yoghurt and give it a good stir until it is all mixed together well. Let it all heat through and simmer for approx. 5 mins.

4/ To serve, divide the rice and curry between bowls and dive in. Don't forget to give it a squeeze of lemon.

If you wanted to feed more or are feeling particularly hungry, this dish is great with extra naan bread as a side.

**Disclaimer, all ingredients may contain trace elements of nuts.**  
**Please ensure that all vegetables are washed prior to use.**