

# Chicken Tikka Masala

## Ingredients:

- 250g Chicken/Turkey/Frozen Mixed Vegetables/Quorn
  - 1tbsp Oil
  - 1 Onion
- 2 teaspoons tikka paste
- 1 teaspoon tandoori paste
  - 150ml water
- 1 small carton single cream or yoghurt
- 1 potato/half a green pepper/50g mushrooms

## Equipment:

- Chopping Board
  - Saucepan
  - Wooden Spoon
  - Sharp Knife
  - Plate
  - Teaspoon
  - Fork
- Peeler (if needed)

## Method:

1. Peel, Dice onion, green pepper and potato (if using), slice mushrooms
2. Cut the Chicken/Turkey/Quorn pieces
3. Put oil into the pan, add onions and cook for 2 mins. Add pastes.
4. Add chicken etc, vegetables and water, bring to the boil. Simmer with lid on for 10 minutes
5. Turn off heat stir in cream/yoghurt

