





## Recipe Details

Recipe Name : **B-Chicken Tikka Masala**  
Recipe Category:  
Author : **Gordon Ramsay**  
Created : **February 16, 2015**  
Last Updated : **February 16, 2015**  
Portions : **4**

### Weight (Per Portion)

One portion of this dish weighs approximately 479.00 Grams

### Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Oil, peanut (Groundnut)	2 Tablespoon	 Peanuts
Onions, raw	1 Large	
Pepper, chilli, green, raw	2 Medium	
Ginger, root	10 Gram	
Garlic	3 Clove	
Chilli, powder	0.5 Teaspoon	
Turmeric, ground	1 Teaspoon	
Garam masala	2 Teaspoon	
Sugar, soft brown	1 Tablespoon	
Tomato, puree	1 Tablespoon	
Tomato, tinned, chopped	400 Gram	
Chicken, breast, meat only, raw	150 Gram	
Yoghurt, plain, pouring	6 Tablespoon	 Milk
Coriander leaves, fresh	1 Cup US	
Rice, white, basmati, raw	400 Gram	
Salt, sea	1 Pinch	
Pepper, black	1 Pinch	
Cardamom	3 Unit	
Star Anise	2 Unit	

### Recipe Alerts

Allergen Warnings:



### Recipe Method

1. Heat two tablespoons of groundnut oil in a pan. Slice the peeled onion and fry in the oil. 2. Deseed and chop the chilli, chop the peeled ginger and add to the hot pan, crush in the garlic and cook for 2-3 minutes to soften. 3. Add chilli powder, turmeric, garam masala and sugar and cook for 1-2 minutes. 4. Add tomato puree and chopped tomatoes to the pan and

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allow them to cook for a further few minutes. 5. Transfer the sauce to a food processor and blend until smooth. 6. Add a tablespoon of fresh groundnut oil into the pan and fry the chicken pieces

