

Chicken Tandoori Masala



SERVES 4-6



PREP TIME 15 mins



COOKING TIME 25 mins

Ingredients

- 1 sachet *Carla's Tandoori Masala*
- 20ml Vegetable or Olive Oil
- 2 White Onions
- 600g Chicken Breast Fillets
- 400ml tin chopped tomatoes
- RAITA
- 1 tub Greek Yoghurt
- Half a Cucumber
- 2 tbsp Mint Sauce
- 1 tbsp Icing Sugar
- RICE
- 2x250g Basmati Microwave Rice
- 1 Red Chilli or Chilli Flakes

Instructions

- **CURRY:** Mix half the tandoori masala sachet with vegetable oil to make a paste. Heat a large frying pan and drizzle with oil. Finely slice the onions and add to the pan with the paste. Cook on a low heat until the onion softens, and the paste smells fragrant. Chop the chicken into chunks, add to the pan and simmer on a low heat for 12-15 minutes. Add the tinned tomatoes to the pan and add more Tandoori for extra flavour/heat. Turn up the heat and keep stirring through, until the chicken is fully cooked, and the sauce thickens.
- **RAITA:** Cut the cucumber into small cubes and put into a bowl along with the yoghurt. Add the mint sauce and icing sugar and mix to combine.
- **RICE:** Microwave the rice (following the instructions on the packet) and display on a serving dish.
- **TO SERVE:** Add the chicken curry to the dish with the rice. Garnish.

Carla's product used in this recipe: [Tandoori Masala Blend](#)

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