

## Leftover Chicken Tikka Masala



I'm a big fan of Indian cooking and, while, I don't like food that hurts I do like a little kick and this is a great adaptable Tikka recipe for you. Remember in this recipe like all my recipes you can add the things that you like or leave things out. You can also make this less spicy/spicier to suit your tastes – I just suggest one thing, make it my way first to see what you think then play about with it. I served this dish with rice I already had prepared.

- 2 Left Over Chicken Breasts
- 2 Tsp Lazy Garlic
- 1 5cm Cinnamon Stick
- 5 Cardamom Pods
- 1 Tsp Turmeric
- 1 Tsp Garam Masala
- 1 Tsp Cumin
- ¼ Tsp Cayenne Pepper
- 1 Tsp Coriander Powder
- 1 Tbs Paprika
- 1 Tsp Lazy Ginger
- Glug of Vegetable Oil
- 2 Red Onions
- 1 Tin of Tomatoes
- 250ml Water
- 1 Tsp of Tomato Purée
- Yoghurt or Double Cream to Thicken.
- Handful of Basil and Fresh Coriander

### **Also Needed**

- Large Frying Pan or Wok
- Wooden Spoon/Spatula
- Knife
- Spoons
- Chopping Board
- Chinese Containers to put ingredients in

### **Method:**

- 1 Finely chop the onions, as with all my recipes I use what I call the half moon technique (see the image below):

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Place the onion in a container to use it later.

- 2 Chop the chicken into bite sized pieces I usually keep it small because they cook quicker and they're easier to swallow. In this case the chicken had already been cooked, so it didn't need to be cooked in the sauce but if it hadn't be that would be another reason to keep the chunks of chicken small. Set the chicken aside for later.
- 3 Open the Tinned Tomatoes and set them aside for later.
- 4 In a bowl create your spice mix by mixing together the Turmeric, Garam Masala, Cumin, Cayenne Pepper, Coriander Powder, Paprika and Lazy Ginger. The heat of this dish comes from the Cayenne Pepper so only add as much of that as you think you can cope with.
- 5 Place the pan on a high heat and add the vegetable oil, allow it to come to temperature. Once the oil is hot, add cardamom pods and the cinnamon stick and fry off for around five seconds. I know this sounds like a fuss but it isn't it'll flavour the oil and give your curry a lovely aroma.
- 6 After a few seconds discard the cardamom pods and cinnamon stick – they've done their job now so they can be thrown away. Now add the onions and stir for a few minutes, the aim is to cook them until they are just softening and start to turn brown.
- 7 Add the chicken and stir to avoid it sticking. In this instance the chicken was cooked so I just let it warm up; if you have not pre-cooked your chicken allow it to cook at least half the way through at this point.
- 8 Add the spice mix and stir thoroughly, the spice mix needs to be cooked out until it no longer has a powdery taste.

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- 9 Add the tomato purée and allow that to cook, keep stirring everything. You'll need to give the tomato purée time to cook; allowing it to "mellow out" will let it become less acidic.
  
- 10 At this point I added the leftover Tikka Sauce from the Indian I had the previous night, if you don't have that then discard this step.



- 11 Add the tinned tomatoes and let them come to temperature, stirring regularly. At this point the curry is starting to come together and you can just leave it with a lid on and it'll cook away nicely
  
- 12 If you're like me you like a lot of sauce so you can add the water at this point and keep stirring. Remember in my example the chicken was already cooked so, as long as the spices have cooked and don't taste powdery then you can serve it at this point. At this point mine looked like this:



- 13 Season with a good amount of Salt and Pepper, tear the coriander and basil in and give it a mix through, reserving some back for final presentation if you want to be chefy. You can finely chop the herbs but you end up with green (chlorophyll) on your board and knife, hence why I tear them. If you would like it thicker stir in some double cream or yoghurt – remember the

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yoghurt will alter the taste though.



- 14** Finally serve, I've served this with everything from mashed potatoes (because I'm a potato freak) to rice (which I used in this instance).



- 15** Keep any leftovers in the fridge, it'll taste great the next day, just make sure you re-heat it thoroughly, and if you're in any doubt throw it away as it contains chicken. It can also be frozen but again make sure you defrost it thoroughly and completely re-heat it as it contains chicken.