



CHICKEN TIKKA MASALA

A BRITISH FAVOURITE - EASY AND FILLING

- 2 lbs. boneless skinless chicken breasts
- ¼ cup masala paste
- ½ cup plain yogurt
- 1½ cups tomato puree
- 1 14 ounce can regular coconut milk
- rice (approx 100g per person) and cilantro for serving

1 Cut the chicken into bite sized pieces. Marinate with 1 tablespoon of masala paste and the yogurt for about 30 minutes in the fridge.

2 Heat a large, deep skillet over medium high heat and add the remaining masala paste. Stir fry for a few minutes to get all the spices going.

3 Add the chicken/yogurt mixture and saute until the chicken is mostly cooked. Add the tomato puree and coconut milk to the pan with the chicken and simmer for 15 or so minutes. Season with salt.

4 Let stand for a while so the sauce will thicken up a bit. Serve over rice with cilantro.

SERVING COST: £1
PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVING: 6-8

Host.
Where students are at home.

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