

Tandoori Chicken



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4 portions

INGREDIENTS

0.5 tsp (2.5g) Tikka
Seasoning
220g Chicken Breast
175g Tomato Sauce

Tomato Sauce

50g Onions
5g Garlic
2 tsp (10ml) Vegetable Oil
Pinch of Mixed Herbs
5g Tomato Paste
200g Chopped Tomatoes
1 tsp (5g) Caster Sugar
2 tbsp (30ml) Water

METHOD

Preheat the oven to 180°C (Gas mark 7).
Prepare the tomato sauce.

Tomato Sauce

Finely chop the onions and ensure the garlic is finely chopped. Heat the oil in a heavy based pan, add the chopped onions and garlic and sweat until soft.

Add the mixed herbs and tomato paste and cook on a low heat for a few minutes. Add the chopped tomatoes, sugar and water. Bring to the boil and simmer for a minimum of 15 minutes until the sauce has thickened. Stir in the tikka seasoning.

Place the chicken onto a lined baking tray and roast for 15 minutes, or until the core temperature reaches 75°C.

Transfer the chicken to a serving dish and coat with the tikka sauce.