

# Chicken Tikka Masala

## Ingredients

1 chicken breast  
1 onion  
½ garlic clove  
200g tinned chopped tomatoes  
1 tbsp tikka paste  
200ml water  
1 tbsp natural yoghurt  
1 tsp mango chutney

## Equipment List

Knife  
Garlic crusher  
Chopping boards  
Frying pan  
Spatula

**Step 1:**  
Finely chop the onion.  
Peel the garlic clove and crush.



**Step 2:**  
Cut the chicken breast into small pieces.



## Conduction

**Step 3:**  
Pour 1 tbsp of oil into a pan and place on the heat. Add the onions and garlic and fry until golden brown. Then add the tikka paste.



## Convection

**Step 4:** Add the chicken, tomato puree, tinned tomatoes and water. Bring to the boil and reduce to a simmer for 5 to 10 minutes (Until chicken cooked through).



**Step 5:**  
Remove from the heat and stir in the mango chutney and natural yoghurt.  
*At home: Add fresh coriander to serve.*



# Flatbread

## Ingredients

2 people

200g self-raising flour  
plus extra for dusting

200g natural yoghurt

½ tsp baking powder

## Equipment List

Mixing bowl  
Spoon  
Rolling pin  
Frying pan  
Knife

**Step 1:**  
Add all ingredients to a mixing bowl and mix together with a spoon, then use hands to pat and bring everything together.



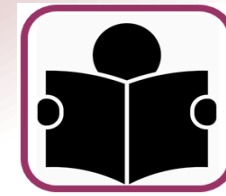
**Step 2:**  
Dust a clean work surface with flour, then tip out the dough. Knead for a minute or so to bring it all together.



**Step 3:**  
Divide the dough into 6 equal pieces and with your hand pat and flatten the dough then roll into 12cm rounds (2-3mm thick).



**Step 4:** Use a knife to cut 6 lines into the center of each round.



## Conduction

**Step 5:**  
Place the griddle pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until bar-marked and puffed up, turning with tongs.

