

## Chicken Tikka Marsala Curry With Keema Rice

### Ingredients



A small amount of oil or Ghee for sauteing  
1 Onion – Diced  
1 piece of fresh ginger (about 2”) – Diced  
1 –2 Fresh Chili pods (deseeded) – Diced  
4 Cloves of Fresh Garlic – Diced  
2 Teaspoons of Garam Masala  
1 – 2 Teaspoons of ground Chili powder (allow for personal taste)  
1 Teaspoon of Turmeric  
½ Teaspoon of Ground Coriander (Optional)  
½ Teaspoon ground Cumin (Optional)  
1 Tablespoon of Tomato Puree  
1 Tin of Tomatoes (approx 400g in size). You can alternatively use fresh if you prefer or pasata works well too.  
1 Tablespoon of sugar (Preferably brown but again, it doesn't matter too much. I also use a couple of sweetner tablets instead as my husband is a diabetic)  
3 or 4 fresh Chicken Breasts  
A handful of fresh coriander leaves (cilantro)  
Either plain yoghurt or coconut milk (both are nice to use in this

recipe but again, it depends on which you prefer). You add this to suit your own tastes at the end. I guess I use 3 to 4 tables spoons. (optional)



Chop the chicken breasts into bitesize chunks and saute in a small amount of oil until cooked through. Remove from the pan.



Add the onion, ginger, fresh chillies and garlic to the pan and saute for about 5 minutes. Add the chili powder, turmeric, cumin, ground coriander, garam masala, tomato puree and sugar. Saute for 1 minute to release the spice flavours but stir continuously so that they don't stick to the bottom of the pan.

Add the tomatoes and 2-3 cups of water. Bring back up to heat and then put it on a soup setting and let it run its course. It took about 25 minutes and I quick released at the end. I used a hand blender (immersion blender) to make the sauce smooth. Add salt if you like at this point. Add the chicken pieces back into the sauce and a handful of



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chopped fresh coriander (cilantro) leaves and stir through your choice of yoghurt or coconut.

I cook curry all the time but I am new to the IP world. I hope that some more experienced potheads will take my timings and improve on them with their superior knowledge.

### Ingredients for the Keema Rice

A Small amount of oil or Ghee for sauteing  
½ an Onion – Diced



3 Cloves of Garlic – Diced  
1 Teaspoon of Turmeric  
Approx 10oz of Ground Beef or Lamb  
2 Cups of Basmati Rice  
3 Cups of Water  
A small handful of Fresh chopped Coriander Leaves (Cilantro)

Add a small amount of oil to the pan on saute. Cook the onion and garlic for a couple of minutes until starting to slightly soften.

Add the turmeric and ground meat. Cook through until the meat has separated into small pieces.



Add the water and basmati rice. Stir thoroughly and then cook on the automatic rice setting (it took mine about 8 minutes.)

When done, quick release the steam and stir through some fresh chopped coriander leaves (cilantro).

Plate up and enjoy!

Curries don't have to be complicated with lots of spices. So long as you have 6 basic store cupboard spices (ground cumin, ground coriander, garam masala, chili powder, ginger and turmeric, you have enough to make a tasty but simple curry.



Rajah Garam Masala, 100g Unit

I know that you can buy the spices on Amazon.com but you would most probably get a better price locally. I have put some pictures below to show you what you are looking for. I hope this is helpful.

Please have a go as curry is an incredibly addictive once you start and I hope you love it.



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