



Chicken Tikka Masala with Fluffy Rice

Ingredients :








- 🍗 Chicken breasts or thighs: 500g, boneless and cut into chunks
- 🍋 Lemon juice: 2 tbsp
- 🌶️ Garam masala: 1 tsp
- 🧄 Garlic paste: 1 tsp

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A beloved British classic, chicken tikka masala is a rich, creamy, and perfectly spiced curry that pairs beautifully with fluffy white rice and warm naan. It's an ultimate comfort dish, bursting with flavour!

Ingredients




For the Marinade:

-  Chicken breasts or thighs: 500g, boneless and cut into chunks
-  Lemon juice: 2 tbsp
-  Garam masala: 1 tsp
-  Garlic paste: 1 tsp
-  Ginger paste: 1 tsp
-  Yoghurt: 100g
-  Salt: ½ tsp

For the Curry Sauce:


-  Butter: 50g
-  Onion: 1 large, finely chopped
-  Garlic cloves: 3, minced
-  Ginger paste: 1 tsp
-  Chopped tomatoes: 400g tin
-  Ground cumin: 1 tsp
-  Ground coriander: 1 tsp
-  Chilli powder: ½ tsp (optional)
-  Garam masala: 1 tsp
-  Double cream: 150ml
-  Fresh coriander: For garnish

For the Rice:


-  Basmati rice: 300g
-  Water: 600ml
-  Salt: 1 tsp

Method


1. Marinate the Chicken

 In a bowl, combine the yoghurt, lemon juice, garlic, ginger, garam masala, and salt. Add the chicken chunks, mix well, and leave to marinate for at least 30 minutes or overnight in the fridge.


2. Cook the Rice


 Rinse the basmati rice under cold water until clear. In a saucepan, bring the water to a boil, add the rice and salt, reduce the heat, cover, and simmer for 10–12 minutes until the rice is tender. Fluff with a fork and keep warm.

3. Cook the Chicken


 Heat a large pan or grill pan over medium-high heat. Cook the marinated chicken pieces for 2–3 minutes per side until charred and nearly cooked through. Set aside.

4. Make the Sauce


 In the same pan, melt the butter over medium heat. Add the chopped onions and cook for 5–7 minutes until soft and golden. Stir in the garlic, ginger, cumin, coriander, and chilli powder, cooking for another 1–2 minutes.

 Add the chopped tomatoes, mix well, and let it simmer for 10 minutes, stirring occasionally. Use a hand blender to purée the sauce until smooth (optional).





5. Combine Chicken and Sauce

 Stir the cooked chicken into the sauce and simmer for 5–7 minutes until fully cooked and the sauce thickens. Add the garam masala and double cream, stirring until the curry is rich and creamy.

6. Serve Up


 Spoon the fluffy rice onto plates or bowls, top with the chicken tikka masala, and garnish with fresh coriander. Serve with warm naan or chapatis.


Serving Information

 Prep Time: 30 minutes |  Cooking Time: 30 minutes |  Serves: 4 |  Calories: ~500 per serving

Tips

 Marinate the chicken overnight for maximum flavour.

 Adjust the chilli to your preferred spice level.

 Leftovers taste even better the next day – store in the fridge for up to 3 days!
Enjoy this beautifully spiced classic with all its creamy goodness!