

Taste of India

1. **Chicken Tikka Masala with Basmati Rice**
2. **Stretch and Challenge task – Naan bread**

Please make sure you have an adult with you at all times when cooking.

Ingredients

- 4 tbsp vegetable oil
- 25g butter
- 4 onions, roughly chopped
- 6 tbsp chicken tikka masala paste or powder spices
- 2 red peppers, deseeded and cut into chunks
- 8 boneless, skinless chicken breasts, cut into 2.5cm cubes
- 2 x 400g cans chopped tomatoes
- 4 tbsp tomato purée
- 150ml double cream
- 150ml natural yogurt
- chopped coriander leaves, to serve
- optional – Mango Chutney



Method

- **STEP 1**
Heat the vegetable oil and butter in a large, lidded saucepan on the hob, then add the onions and a pinch of salt. Cook for 5 mins until soft and golden.
- **STEP 2**
Add the tikka masala paste and peppers, then cook for 5 mins more to cook out the rawness of the spices.
- **STEP 3**
Add the chicken breasts and stir well to coat in the paste. Cook for 10 mins until the chicken is complexly sealed, then tip in the chopped tomatoes, tomato purée and 100ml water. Cover with a lid and gently simmer for 15 mins, stirring occasionally, until the chicken is cooked through.
- **STEP 4**
Remove the lid, stir through the mango chutney, natural yogurt, and then gently warm through.

Stretch and challenge. - Naan Bread

Ingredients

- 1x 7g sachet dried yeast
- 2 tsp golden caster sugar
- 300g strong white bread flour, plus extra for dusting
- ½ tsp baking powder
- 25g butter or ghee, melted, plus extra 2-3 tbsp for the tray and brushing
- 150ml natural yogurt
- 1 tbsp nigella seeds



Method

- **STEP 1**

Put 125ml warm water into a bowl and sprinkle over the yeast and 1 tsp of the sugar. Leave for 10-15 mins or until frothy. In a larger bowl, put the flour, remaining sugar, ½ tsp salt and baking powder. Mix together then make a well in the centre in which to pour the melted butter, yogurt, nigella seeds and yeast mixture. Stir well, then start to bring the mixture together with your hands. If it's very wet add a spoonful of flour but if it's dry add a splash more warm water. It should be a very soft dough but not so wet that it won't come together into a ball.

- **STEP 2**

When you're happy with the consistency, start kneading, first in the bowl, then transfer the mixture onto a well-floured surface and continue to knead for 10 mins or until smooth and elastic but still soft. Butter a large bowl, then shape the dough into a ball and place in the prepared bowl. Cover and leave in a warm place for about 1 hr or until doubled in size.

- **STEP 3**

Divide the dough into six balls and put them on a baking tray dusted with flour, then cover the tray with a damp tea towel. Heat a large non-stick frying pan over a high heat. Take one of the balls of dough and roll it out to form a teardrop shape that's approximately 21cm long and around 13cm at the widest part. When the pan is very hot, carefully lay the naan bread into it. Let it dry fry and puff up for about 3 mins, then turn over and cook on the other side for another 3-4 mins or until cooked through and charred in patches.

- **STEP 4**

Heat the oven to its lowest setting and put the cooked naan bread on a baking sheet. Brush with a little melted butter and cover with foil. Keep warm in the oven and layer up the cooked naans one on top of each other as you make them, brushing each one with melted butter or ghee as you go. Serve warm with curry or dips.