

Slow Cooker Chicken Tikka Masala

Notes Serves 4. This recipe only takes about 20 minutes to prepare, then just leave it alone in the slow cooker until you are ready to eat it.



Ingredients

8 - 12 Boneless chicken thighs, cut into chunks
2tbsp Veg oil
1 Onion chopped
2 cloves Garlic, crushed or finely chopped
2cm Fresh ginger, finely grated or chopped
3 tbsp Tikka curry pasre
500ml Passata, or use chopped tomatoes
1 tbsp Tomato puree
1 tbsp Malt vinegar
1 tbsp Light brown soft sugar
1 Cinnamon stick
5 Cardamom pods
100ml Double cream

Handful chopped coriander

Method

Heat the slow cooker. Season the chicken with salt and pepper.
Heat the oil in a wide frying pan then add the chicken and cook over a med-high heat until browned then transfer to the slow cooker. You may need to do this in batches.
Add the onion, garlic and ginger to the pan and cook for a few minutes until softened.
Add a splash of water and scrape any bits from the bottom of the pan, then tip into the slow cooker.
Add the remaining ingredients, except the cream and coriander. Stir, and cover with a lid. Cook on low for 5-7 hrs or on high for 4-5 hrs.
When nearly ready to eat, add the cream and check the seasoning. Adding more vinegar sugar or salt if needed then cook for another 10-15 mins until hot.

If not using a slow cooker, keep everything in a large casserole or covered chef's pan and cook on the hob or in an oven set to 160C/140C fan/gas 3 for 2 hrs, or until the meat is tender. Remember to stir every now and then to prevent the sauce burning, and add a splash of water if it's looking dry.

Extra thoughts

Serve with basmati rice or naan bread. Use butternut squash, chick peas or lentils to turn it vegetarian. Cream is optional!