



Chicken Tikka Masala- Slow Cooker

GREEN (ACT & SA) / EVERYDAY (NSW)

Makes 12 serves

Ingredients:

- 1 kg chicken breast, diced
- 2 medium carrots, chopped
- 2 large onions, diced
- 1 large red capsicum, diced
- 2 tablespoons minced garlic
- ¼ cup tomato paste
- 3 tablespoons garam masala
- 1.5 tablespoons Sweet paprika
- 2x 800g tin crushed or diced tomatoes

- 2 zucchini, diced
- 1 head of broccoli, cut into florets
- 1 cup of Greek yoghurt
- Parsley or shallots chopped for garnish

Method:

1. Place all the ingredients in the slow cooker except zucchini, broccoli and yoghurt and stir till well incorporated.
2. Cook in the slow cooker for 4 hours on high or 7 hours on low.
3. When the cooking process has finished add the zucchini and broccoli and place the lid on and cook for a further 30 minutes until the vegetable are soft.
4. Fold in the yoghurt and leave the lid off for 10 minutes with the cooker still turned on.
5. Place in serving dish and garnish with chopped parsley or shallots. Serve with rice.

Variations:

- If you don't have a slow cooker either place in a pot on low heat for two hours until the chicken is tender or place in a braising dish in the oven at 100°C
- If you would like the chicken to hold together a little better you can use chicken thigh
- If you have time you could brown the chicken, onions and garlic before placing them in the cooker
- If you would like a spicy tikka masala add 1 chopped chilli in step 1
- You could also garnish with chopped coriander

Recipe tested by JG [initials] June [month] 2018 [year]