

Chicken Tikka Stir-fry

Serves 2

This dish is a healthy version of a classic favourite. It's full of flavour and colour and the ingredients are all held together in a creamy coconut sauce. Omit the chicken and you still have a flavoursome sauce for vegetarians to add their own twist.

Ingredients:

- 1 tbsp oil
- 1 onion or the white part of a leek, sliced
- 1 red pepper, deseeded and cut into chunks
- 1 handful of baby sweetcorn, halved
- 2.5cm (1in) piece of fresh root ginger, peeled and finely diced
- 1 garlic clove, crushed
- ½-1 fresh red chilli, deseeded and finely diced
- 2 small skinless chicken breasts, thinly sliced
- ¼ stock cube dissolved in 110ml (4fl oz) boiling water
- 1 tsp paprika
- ½ tsp turmeric
- 2 tsps garam masala
- 2 tsps tomato puree
- 200ml (7fl oz) coconut milk
- Salt and freshly ground black pepper

Instructions:

1. Heat a pan or wok over a medium/high heat, then add the oil, followed by the vegetables, ginger, garlic, chilli and chicken
2. Toss the ingredients together in the oil; when the oil is absorbed and the pan begins to look dry, add a couple of tablespoons of the stock. Cook for 5-8 min-



utes, stirring all the time and adding stock at regular intervals, until the vegetables are just over half cooked.

3. Add the spices and stir-fry for another minute, then add the rest of the stock along with the tomato puree and coconut milk.

4. Bring the mixture to the boil and simmer for 1-2 minutes or until the vegetables and chicken are cooked but the vegetables still retain some bite.

5. Season with salt and pepper and serve.