

INGREDIENTS

 4 SERVINGS

 45 MIN

 INTERMEDIATE

2 packs Garden Gourmet Sensational Chicken-Style Breast

400g can plum tomatoes, blended (or chopped tomatoes)

160g bag baby spinach

15g ginger root, peeled and finely chopped

1 large onion, finely chopped

4 cloves garlic, crushed

275g brown rice

50g tikka masala paste

3tbsp vegan yogurt or low fat yogurt

4tbsp soya cream or single cream

1tsp ground coriander

1tsp ground cumin

1tsp sugar

small handful fresh coriander leaves

With Garden Gourmet, make your taste buds travel. First stop: India with this vegan Tikka Masala recipe. What is your next vegan destination?

PREPARATION

1. Preheat the oven

Turn the oven on to 200°C (180°C for fan ovens) Gas Mark 6.

2. Coat the chicken

Mix the yogurt with the curry paste in a bowl. Add the Sensational Chicken-Style Breasts and leave to marinade for 5 minutes.

3. Cook the chicken-style breasts

Lift the breasts onto a roasting tray (keep any remaining marinade) and bake for 10–12 minutes until hot throughout.

4. Make the sauce

Heat the oil in a frying pan and cook the onion for 5 minutes until softened and turning brown. Add the garlic, ginger and spices and sizzle for a further minute. Add the tomatoes, remaining curry marinade, sugar and 150ml water. Bring to a boil then reduce the heat and simmer for 5 minutes.

5. Serve up!

Add the spinach and allow it to wilt, then swirl the cream through the sauce. Serve the rice, with the chicken-style breasts and curry sauce. Finish with the coriander leaves and dive in!

CULINARY TIP

For a curry feast...

Toast a few cashew nuts and scatter them over the curry. Serve with warm naan, pickles, mango chutney and cucumber raita for an extra special treat!

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