Dipna Anand's Masala Chicken

Cuisine: **Indian**

Food category: **Poultry**

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Company: **Retigo**

Program steps

Preheating:	215 °C

1	Hot air	⊢⊣ 100 %	Termination by time	00:45 hh:mm	180 °C	100 %	✕

Ingredients - number of portions - 4

Name	Value	Unit
Diced Chicken breast	550	g
5 tbsp vegetable oil	0	pcs
1 Teaspoon Cumin seeds	0	pcs
1 Medium Chopped Onion	0	pcs
1 Green chilli finely chopped	0	pcs
Tinned chopped tomatoes, puréed	350	g
1 ¼ teaspoons turmeric	0	pcs
¾ teaspoon red chilli powder	0	pcs
1 ¼ tsp cumin powder	0	pcs
1 tsp coriander powder	0	pcs
½ tsp carom seeds, crushed	0	pcs
1 teaspoon salt	0	pcs
40g butter	0	pcs
1 ¼ teaspoon garam masala	0	pcs
2 tbsp fresh chopped coriander	0	pcs
¾ tbsp dried fenugreek leaves, crushed	0	pcs
1 tbsp ginger and garlic paste	0	pcs

Directions

Heat the vegetable oil in a GN container

Add cumin seeds and bay leaves and let them sizzle

Add the onions and cook with the spices and oil until caramelised and brown

Add the birds eye green chilli and ginger and garlic paste and cook for a few minutes

Add the puréed tomatoes followed by the butter and cook for a minute or so

Add turmeric, red chilli powder, cumin powder, coriander powder and salt and around 50/80ml water. Cook the masala with the lid on for about 15 minutes until the masala splits and sizzles vigorously (mix occasionally in-between)

Add in the chicken and a little more water and cook without the lid on for 15-20 minutes until the chicken is perfectly cooked

Add finishing touches of crushed carom seeds, Dipna secret garam masala and fresh chopped coriander and dried fenugreek leaves and cook for a final 3-5 minutes

Serve with naan bread or bread of choice and a bowl of steamed Basmati rice.

Nutrition and allergens

Allergens:
Minerals: Cu, Mg, P
Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Recommended accessories
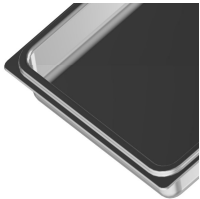
GN container Stainless
steel full