

HEINZ

RECIPE

Tasty Chicken Tikka Masala

A UK favourite made in minutes
which tastes great!



Serves:

4



Preparation Time:

10 minutes



Cooking Time:

25 minutes

Ingredients:

- 1 400g can **Heinz Cream of Tomato Soup**
- 2 tbsp vegetable oil
- 25g butter
- 4 tbsp tikka masala curry paste
- 3 onions, diced
- 2 red peppers, deseeded and diced
- 4 chicken breasts, cubed
- 1 x 400g can chopped tomatoes
- 30g mango chutney
- 50g low fat natural yogurt
- Chopped coriander leaf

Method:

Heat oil and butter in a large casserole dish on the hob, add the onions and cook until soft and golden.

Add the curry paste and peppers, then cook for 5 minutes more.

Add the chicken and stir well to coat in the paste. Cook for 2 minutes.

Tip in the can of tomatoes and **Heinz Cream of Tomato Soup**.

Gently simmer for 15 minutes, stirring occasionally, until the chicken is cooked through.

Stir through the mango chutney and yogurt, allow to warm through.

Scatter with the coriander and serve with basmati rice and naan bread.