



**CHICKEN TIKKA PIECES
WITH PLAIN RICE**

I previously made chicken tikka and wondered if it could be simplified to make it lean in the process, as ultimately it's spiced chicken. Well I did it and the end result was really tasty and not bright red!!

This recipe requires the chicken to marinate overnight, but it's well worth it!

INGREDIENTS FOR 1 SERVING

<p>Nutrition Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 452 Protein 41.6 g Carbs 55.9 g Fat 8 g Sugar 11.6 g Sat Fat 5.2 g Fibre 9.5 g Sodium 0.3 g</p> <p>Breakdown of calories per serving</p>	120g	Chicken breast, cut into chunks
	45g	Onions, sliced
	95g	Cherry tomatoes
	40g	Dried brown basmati rice
	5g	Coconut oil
	149g	Spinach
	40g	Greek yogurt, 0% fat
	1	Lemon
		Salt & Pepper

Ingredients continued.....

	½ tsp	Ground cumin
	½ tsp	Ground chilli
	1 tsp	Garam masala
	½ tsp	Ground ginger
	½ tsp	Grated nutmeg
	½ tsp	Ground coriander
	1	Chilli
	1 inch	Piece of ginger
	2	Garlic cloves
	10g	Fresh coriander

METHOD

- Add the chicken to a bowl, sprinkle with a little salt and add the juice of half of the lemon.
- Give this a mix. This pre-marinade is going to start breaking down the chicken meat so that it will take on more of the marinades flavours.
- Use a mini food processor to finely chop the ginger, garlic, chilli and coriander but save a few coriander leaves for decoration.
- Add the yogurt and give it another blitz to catch and chop any big chunks.
- Add all the dried spices except for 1/2 tsp of garam masala, save this for the warm salad, give everything another blitz before pouring it over the chicken.
- Thoroughly mix the chicken and yogurt marinade, cover with cling film and leave in the fridge overnight.
- The next day preheat your oven to 190°C fan/400°F and line a baking sheet with non stick foil.
- Arrange your chicken onto the baking sheet and bake for 20 minutes.
- After 20 minutes, check the chicken.
- If it's ready, turn the oven down and leave it in the oven with the door ajar. The chicken will be firm to the touch when ready.
- Put a pan of boiling water onto a medium heat and cook the rice according to the manufacturer's instructions.
- When cooked, add some cold water to stop it over cooking, drain and set aside.
- Take a frying pan and add the coconut oil and onions.

Method continued.....

- Cook the onions for a few minutes to soften them and then sprinkle with the remaining garam masala.
- When the onions start to change colour and go sticky add the spinach, the remaining lemon juice and mix thoroughly.
- When the spinach has wilted, start to plate up.
- Don't forget to add your tomatoes to the plate and garnish the chicken with the remaining coriander.

The chicken will be juicy and full of flavour, you'll wonder why you've not made this before!!

NOTES

- This recipe requires the chicken to marinate overnight, but it's well worth it!