



# Garth McColgan Recipe

## Chicken Tikka Masala with Homemade Onion Bhaji



Serves

**4-6**

Prep Time **20mins**

Cook Time **30mins**

Perfect with...

Naan Breads



Specially Selected Bushland Riesling Sauvignon Blanc



### Chicken Tikka Masala

#### Ingredients

4 Skinless Chicken Fillets 1 Jar Worldwide Tikka Masala Sauce

#### Method

1. Cut the chicken breasts into fork-sized chunks and season with a little sea salt.
2. Fry in a little oil over a high heat to brown for 4-5 minutes.
3. Add Tikka Masala sauce and simmer for ten minutes until fully cooked. Leave to cool while you make the onion bhajis.

### Homemade Onion Bhaji

#### Ingredients

100ml Milk	1 teaspoon Sea Salt	Sunflower Oil for cooking, quantity depends on pan. 2cm deep of oil
2 Eggs (Large Irish Fresh Eggs)	1 teaspoon ground Coriander	2 bags Basmati Rice
250g Self-Raising Flour	1 teaspoon ground Ginger	1 Jar Specially Selected Irish Country Apricot & Mango Chutney
2 Onions, sliced thinly	½ teaspoon ground Nutmeg	
50g Butter	½ teaspoon Chilli (ground Chilli)	
	1 teaspoon ground black Pepper	

#### Method

1. In a large bowl mix the milk, eggs and flour together to make a batter.
2. Melt the butter in a pan on a medium heat and sweat off onions until soft.
3. Add the remaining spices to the pan. Cook for 2 minutes then remove.
4. When the onions have cooled mix them in the batter until well coated.
5. To cook, using a large dessert spoon of onion and batter, fry gently in 2cm of sunflower oil for about 2-3 minutes each side.
6. When nice and golden, remove the Bhaji from the oil and leave to drain on kitchen paper to help absorb any excess oil.
7. Serve on side of plate with the chicken and lashings of chutney and rice.
8. You can decorate the chicken with diced cucumber and a slice of lime for a splash of colour.



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