



bit spicy

Chooza Makhani - Tandoori Chicken with Spicy Tomato Sauce

Chooza Makhani is a Tandoori version of that curry-house favourite, Butter Chicken or Murgh Makhani. The smoked paprika and other spices add a rich flavour to the simple sauce. We prefer to keep the dish light with a little oil and thick yoghurt, and avoid the heart attack-inducing levels of butter and cream normally associated with this dish! But we do give you the quantities if you want the richer version! Add some chillies if you like a little bite. **serves 4-6**

- 1 carton [Tandoori](#) blend
 - 300ml '[secret sauce](#)'
 - 3 tbsp oil, or 1 tbsp oil and 250g ghee or butter
 - 700g boneless chicken breast or thigh, cut into bite-sized pieces
 - 1 tbsp lemon juice
 - 1 generous tbsp cashew nut butter
 - 1 tin tomatoes, blended
 - 6 small green chillies, finely chopped (optional)
 - 300ml thick yoghurt, crème fraiche or double cream
 - Salt
 - 1 lime
1. Mix the spices with 1 tbsp oil and the lemon juice and marinate the chicken for a few hours.
 2. Heat the remaining oil (or 125g butter if using) in a large pan and gently fry the chillies.
 3. Add the 'secret sauce', tinned tomatoes and cashew paste, bring to the boil and simmer for about an hour. This cooks off the onions and ginger.
 4. Heat a frying pan, add the remaining butter if using (otherwise just use the oil and juice from the chicken) and fry the chicken pieces briefly.
 5. Add these and the juices to the hot sauce and continue to cook for about 20 minutes, allowing the flavours to mix with the sauce.
 6. Shortly before serving add the yoghurt or cream and heat through.
 7. Add salt and lime juice to taste.