

Recipe Card: Vegan 'chicken' tikka masala

For this recipe you can substitute either vegan 'chicken' pieces or chickpeas to make a great British classic.

Ingredients

Paste

Use this homemade paste or for a speedy version, use 4-6 tablespoons shop-bought tikka masala paste (eg Patak's)

2 cloves garlic, roughly chopped
2□ piece of ginger, peeled and roughly chopped
1 red chilli, de-seeded and roughly chopped
2 tsp ground coriander
2 tsp ground cumin
1 tsp ground turmeric
1 tsp garam masala
½ tsp ground fenugreek (optional)
1 tsp cayenne pepper
1 tbsp smoked paprika
1 tbsp tomato puree
1 tbsp desiccated coconut
2 tbsp plain oil (eg rapeseed)

Curry

500g/17½ oz vegan chicken pieces OR 2 x 400g/14½ oz tins chickpeas, drained and rinsed
2 onions, finely diced
1 red pepper, cut into bite-sized chunks
1 x 400g/14½ oz tin chopped or plum tomatoes
1 tbsp tomato puree
1 tbsp ground almonds (optional)
1 tsp salt
200ml water
1 tbsp syrup (eg maple or agave)
½ lime, zested and juiced
150ml plain vegan yoghurt



Instructions

Paste

Blend all ingredients together until smooth. You may need to add a little more oil or water to get a smooth consistency. Set aside.

Curry

Cook the vegan chicken, as per the instructions on the packet and set aside.

Whilst the 'chicken' is cooking, take a separate large pan and fry the onions in a little oil until lightly golden.

Add the tikka masala paste and red peppers. Heat for five minutes, stirring frequently.

Add the tinned tomatoes, tomato puree, ground almonds, salt and water. Cover with a lid and gently simmer for 15 minutes. Stir through the syrup, lime zest and juice, vegan plain yoghurt and the pre-cooked 'chicken' pieces. Heat for around five minutes before serving.

Taste the curry and add a little more salt if needed.

Serving suggestions: fresh coriander, brown rice, plain vegan yoghurt, toasted flaked almonds, vegan naan, vegan raita,

Recipe shared with thanks to the Vegan Recipe Club.
For more recipes visit www.veganrecipeclub.co.uk