



## Oven Roasted Chicken Tikka Masala Casserole

### Overview

Difficulty Easy

Servings 2-4

Preparation Time 20 mins

Cooking Time 50 mins

## Ingredients

- 4 tablespoons of vegetable oil
- 30g of butter
- 2 onions (sliced)
- 5 cardamom pods

### Garnish

- Fresh cilantro (chopped)

### Blended paste To be blended with a food processor and sauté with cooking oil

- 6 cloves of garlic
- 1cm knob of fresh root ginger
- 1 red chilli
- 1 tablespoon of ground cumin
- 1 tablespoon of coriander seeds
- 1 teaspoon of turmeric powder
- 1 tablespoon of garam masala
- 1 bell pepper (diced)
- 4 boneless chicken legs (diced)
- 400g can of diced tomatoes
- 5 tablespoons of tomato purée
- 100ml of cooking cream or as needed
- 200ml of natural yoghurt or as needed