



Food For Thought Recipe and Allergen Card

Chicken Tikka

100 Portions

Ingredient	Hannah Product Code	Quantity
Chicken Fillets	Cook and Johnson	25 (Cut into 4)
Live Natural Yoghurt	C000311	1.5l
Dried Ginger	D001166	2 tbsp
Cumin	D001121	1 tbsp
Coriander	D001194	2 tbsp
Chili Powder	D001110	1 tbsp
Turmeric	D001173	1 tsp
Lemon Juice and Zest		3
Tomato Puree	D001603	800g
Garam Masala	D001185	1 tbsp
Salt	D001199	1 tsp
Pepper	D001102	1tsp
Fresh Coriander		

RECIPE METHOD

1. Place chicken fillets in trays
2. Combine all of the other ingredients in a mixing bowl
3. Taste and adjust seasoning if necessary
4. Mix well with the chicken in trays
5. Cover and leave in the fridge to marinade for 24 hours
6. After 24 hours shake the marinade from the chicken, **DO NOT RINSE IT OFF WITH WATER**
7. Cook in the oven at 180°C until it reaches a core temperature of 75°C for 2 minutes
8. Serve sprinkled with chopped, fresh coriander

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : Wheat
Rye
Barley
Oats
Spelt
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...