

印度咖哩雞

Chicken tikka masala

份量：4 人

熱量：每份 640 卡路里

每份 350 卡路里（不含白飯）



雞身（連骨） 1 隻（1 公斤），去皮
海鹽、現磨黑胡椒 少許

醃雞材料：

檸檬汁 半個
薑 1 塊（約 5 厘米），磨碎
蒜頭 4 粒，磨碎
印度馬德拉斯咖哩粉（中辣） 2 湯匙
煙紅椒粉 2 滿茶匙
肉桂粉 1/2 茶匙
鹽 1 大撮
脫脂希臘乳酪 100 克

咖哩汁料：

葵花籽油 1 湯匙
大洋蔥 2 個，切粒
蒜頭 2 粒，磨碎
薑 1 塊（約 2.5 厘米），磨碎
薑黃粉 1 茶匙
紅椒粉 2 茶匙
芫茜粉 2 茶匙
茄膏 1 湯匙
罐裝蕃茄碎 1 罐（400 克）
水 300 毫升
紅色燈籠椒 1 個，切粒

青色燈籠椒	1 個，切粒
脫脂原味乳酪	150 克
新鮮芫茜碎	2 湯匙

印式沙律：

紫洋蔥	1 個（小），切粒
大番茄	2 個
青瓜	1/3 條，切粒
青檸汁	1/2 個
印度酸甜沙拉粉	1 茶匙

其它材料：

芫茜	少量，撕碎
印度香米	320 克，以鹽和少許番紅花煲熟

烹飪步驟：

1. 將雞放入一個大碗中，在雞身上劃幾刀。將所有醃雞材料放在小碗內拌勻，然後均勻地塗在雞身上。包上保鮮紙，放入雪櫃醃過夜，或至少雪四小時。
2. 醃好的雞轉到烤盤，塗上剩餘的醃料。預熱焗爐至 120 度，焗兩小時。
3. 準備咖哩汁。在大型的煎鍋中倒入油，洋蔥炒 10 分鐘變金黃色，若黏底可加少少水。加蒜頭、薑和少少水，拌炒 1 分鐘。加入薑黃粉、紅椒粉、芫茜粉，少許鹽和胡椒，再炒 1 分鐘。
4. 加入茄膏再炒 1 分鐘，然後倒入罐裝蕃茄碎和 300 毫升水，煮滾。較至中火煮 5-10 分鐘，加入燈籠椒續煮 5 分鐘。熄火。
5. 從焗爐取出雞，用火槍燒一燒，直至變成稍濃為止。讓它晾涼 10 分鐘。
6. 準備印式沙律。將全部沙律材料拌勻待用。無需雪凍。
7. 雞拆肉，切成一粒粒 2.5 厘米。翻熱咖哩汁，倒入雞粒再以中火煮 5 分鐘至全熟。熄火，倒入乳酪和芫茜碎。
8. 上碟，撒上芫茜。拌飯和沙律一起享用。

Chicken tikka masala

Serving : 4

Calorie: 640 per serving

350 without rice

Large skinless chicken crown	1 (1kg)
Sea salt and freshly ground black pepper	A little

For the marinade:

Lemon Juice	½ lemon
Ginger	5cm piece, finely grated
Large garlic	4 cloves, grated
Madras curry powder (medium)	2 tbsp
Smoked paprika	2 heaped tsp
Salt	A large pinch
Greek yoghurt (0% fat)	100g

For the curry sauce:

Sunflower oil	1 tbsp
Large onions	2, finely chopped
Large garlic	2 cloves, grated
Ginger	2.5cm piece, finely grated
Ground turmeric	1 tsp
Paprika	2 tsp
Ground coriander	2 tsp
Tomato purée	1 tbsp
Tin chopped tomatoes	400g
Water	300ml
Large red pepper	1, cored, deseeded and chopped
Large green pepper	1, cored, deseeded and chopped
Natural Yoghurt (0% fat)	150g
Coriander, finely chopped	2 tbsp

For the Kachumber salad:

Small red onion	1, finely diced
Large tomatoes	2
Cucumber	1/3 (150g), diced

《瘦身廚房》食譜
“Lose Weight for Good” Recipe

Lime juice

½ Lime

Chaata masala

1 tsp

To serve:

Coriander leaves

roughly torn

Basmati rice

320g, cooked with salt and a pinch of saffron strands (optional)

Procedures:

1. Place the chicken in a large bowl or other non-reactive dish and slash the chicken breasts. For the marinade, mix all the ingredients together in a small bowl. Spread the marinade all over the crown. Cover with cling film and place in the fridge to marinate overnight, or for a minimum of 4 hours.
2. When you're ready to cook the chicken, preheat the oven to fan 120°C/gas ½. Place the marinated chicken in a roasting dish and spoon over any remaining marinade. Cook in the oven for 2 hours. (It won't be cooked right through at this stage.)
3. Meanwhile, make the curry sauce. Heat the oil in a large sauté pan. Toss in the onions and cook for 10 minutes or until they are golden brown, adding a splash of water to the pan if they begin to stick. Add the garlic and ginger with a splash of water, stir well and cook for 1 minute. Add the spices with some salt and pepper and cook for another minute.
4. Stir in the tomato purée and cook for a further minute, then tip in the tinned tomatoes and pour in the water. Bring to the boil, reduce the heat to a gentle simmer and cook for 5–10 minutes. Add the chopped peppers and cook for a further 5 minutes, then remove the pan from the heat.
5. Take the chicken out of the oven. Wave a cook's blowtorch over the surface until the marinade has slightly blackened in places. Set aside to rest for 10 minutes.
6. For the katchumber salad, mix everything together in a bowl and set aside (no need to chill).
7. Take the chicken breasts off the bone and cut the meat into chunks, about 2.5cm. Reheat the curry sauce, then add the chicken and simmer for about 5 minutes, until the pieces are cooked through. Stir through the yoghurt and chopped coriander. Taste to check the seasoning.
8. Serve scattered with coriander, with saffron rice, if you like, and the katchumber salad alongside.