

# Chicken Tikka Masala (European Fall Version)

Chicken Tikka Masala is an Indian dish which is very popular in Europe, especially in Great Britain. I added the pumpkin, so actually it is an European version of the dish.

Preparation time: **30 min** + Cooking time: **45 min** = **Total time: 1h 15 min**

500g chicken breast, chopped  
½ pumpkin (~450g)  
2 cups yoghurt (~350g)  
2 ts. mustard seeds (brown)  
5 tb. olive oil  
4 ts. Garam Masala  
6 capsules of cardamom  
2 ts. coriander (seeds)  
2 ts. cumin  
8 cloves of garlic  
6 cm ginger, grated  
1 ts. paprika (spicy) or cayenne  
4 tb. tomato puree  
1 lime (juice)  
1 bunch of coriander (leaves)  
200 ml water  
salt  
pepper



## Simple Steps to Succeed

1. Peel the pumpkin and cut it into bite-sized pieces.
2. Cut the chicken into bite-sized pieces. Marinate it with a little salt and pepper.
3. Use 1 tb. of the oil to brown the chicken in a frying pan (it should be big enough to hold all of the remaining ingredients)
4. Take out the browned chicken and set aside.
5. Use 1 tb. of the oil to roast the pumpkin pieces. Deglaze it with the water (or white wine instead), put the lid on and let it cook on low heat. Add some salt.
6. Put the remaining 3 tb. of olive oil in a (different, small) pan and add the mustard seeds. Let it fry.
7. Add the Garam Masala, coriander, cardamom and cumin to the mustard seeds and let it fry for a minute.
8. Add the ginger, garlic and salt to the spice mixture. Take the pan from the plate and add the yoghurt. Note that the yoghurt should not be flocculent, but just mix with the spice mixture and warm up a little.

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10. Add the tomato puree and the lime juice to the pan with the pumpkin. (don't put too much lime juice. It should be slightly sour, not more)
11. Cook it until the pumpkin is tender. Add the meat and the spice mixture.
12. Season with salt and pepper.
13. Chop the coriander leaves and use them to garnish the plates.

The dish tastes great with rice.

Inspired by <http://katha-kocht.de/> (German)