

Chicken Tikka Masala

GROCERY LIST

Vegetables:

- pumpkin (450g)
- garlic (8 cloves)

Meat:

- chicken breast (500g)

Spices:

- mustard seeds (brown) (2 ts.)
- garam masala (4 ts.)
- cardamom (6 capsules)
- coriander seeds (2 ts.)
- cumin (2 ts.)
- ginger (6cm)
- paprika (spicy) or cayenne (1 ts.)
- coriander leaves (1 bunch)

Fruits:

- lime (juice) (1)

Dairy:

- yoghurt (2 cups/350g)

Other:

- tomato puree (4 tb.)

Check for:

- olive oil
- salt
- pepper