



Tikka Masala



You can use chicken, fish, or vegetables for this recipe:

- **Chicken:** 3 chicken breasts cut into bite-sized pieces (1½ lbs or 700g, or 4 chicken thighs)
- **Fish:** 3 white fish fillets cut into bite-sized pieces (tilapia, cod, or halibut)
- **Vegetables:** ½ head of small cauliflower cut into florets (or any mixed vegetables of choice) and 1 packet paneer (for a vegan option, use ½ can of chickpeas)

INGREDIENTS:

Chicken/Fish/Paneer Marinade:

- ¾ cup 2% plain yogurt (Greek yogurt works)
- 4 garlic cloves, minced (1 tbsp)
- 1 tbsp grated ginger (1 tbsp)
- 2½ tsp ground cumin
- 2½ tsp coriander powder
- 1 tsp turmeric powder
- 2 tsp paprika powder
- 2 tsp garam masala
- 1 tsp chili powder (adjust to taste)
- 1 tsp black pepper
- 2 tsp salt
- 2 tbsp tomato paste
- 3 tbsp lemon juice
- 2 tbsp vegetable oil



This marinade can be used as a grilling or barbeque marinade. You can make a big batch and freeze in portions. Thaw and use when short of time.

Masala Sauce:

- 3 tbsp oil or ghee OR 1½ tbsp oil and 1½ ghee
- 1 medium onion, finely chopped
- 2 tsp cumin seeds
- 2 medium tomatoes finely diced
- 4 garlic cloves, minced (1 tbsp)
- 1 tbsp grated ginger
- 2 tsp ground coriander powder
- 2 tsp turmeric powder
- 2 tsp paprika powder
- 1 tsp chili powder (optional, for heat)
- 2 tsp garam masala
- 1½ cups canned crushed tomatoes
- 2 tbsp tomato paste
- 2 tbsp yogurt or cream (2 tbsp coconut milk for vegans)
- ½ cup cold water (or slightly more for more gravy)
- 1 tsp salt (or to taste)
- 2 tbsp vegetable oil
- 1 red pepper cut in big bite size pieces
- 1 small onion cut in big bite size pieces
- ½ tsp garam masala
- 1 tsp lemon juice
- Fresh cilantro, for garnish



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INSTRUCTIONS

1. Marinate the chicken/fish/paneer

- Mix all marinade ingredients in a large bowl.
- Add chicken, coat well, cover, and refrigerate for at least 1 hour (overnight is best).
- If using paneer or fish, cut into cubes and marinate for ½ hour. If using cauliflower mix with the marinade prior to cooking.

2. Cook the chicken/fish/paneer/cauliflower

- Place the chicken/fish/paneer/cauliflower on a baking sheet and broil on high until cooked and has some golden crust (about 10 minutes). Both the cooked marinade and chicken/fish/paneer will be added later to the sauce. The fish will cook faster than chicken.
- You can use an air fryer to cook the chicken/fish/paneer/cauliflower.
- If using cauliflower, do not overcook them. They need to have a bite to them.

3. Make the sauce

- In a large pan, heat oil/ghee on medium high.
- Sauté onions until golden brown. Halfway through add the cumin seeds and diced tomatoes.
- Add garlic and ginger; cook for 1 minute.
- Stir in coriander, paprika, chili powder, and garam masala powders. Cook spices for 30 seconds. The onions and tomatoes should be integrated and be a mushy consistency.
- Add canned crushed tomatoes, yogurt, tomato paste and water, mix. If using cream add at the end before adding the cooked chicken. If you want more gravy, you can add some more water.
- Add the vegetable oil and cook on low to medium heat for 10 minutes until thickened slightly. You will know that your curry is cooked when you see the colour of the gravy change and darken to a deep red colour and there will be an oil separation and shine to the gravy.

4. Finish the curry

- Add cooked chicken/paneer/cauliflower with all the marinade and juices, and simmer another 5 minutes. If using vegetables or chickpeas, add and cook for 10 minutes until vegetables are soft. If using fish, add it at the very end to prevent the fish from breaking.
- Add the pepper and onions and cook for 2 minutes till softened.
- Add garam masala. Taste to adjust for salt, and add more chili if you like it spicier. Add lemon juice.

5. Serve

- Garnish with fresh cilantro.
- *Serve hot with naan, roti, or cooked basmati rice.*



Curried Quinoa Salad

INGREDIENTS - SALAD

- 1½ cup cooked quinoa (¾ cup uncooked, cooked with ½ tsp turmeric powder, ½ tsp cumin powder, ½ tsp coriander powder and salt)
- 1 diced apple
- 1 stalk celery diced
- 1 red pepper diced
- 1 yellow pepper diced
- ½ cup mixed nuts of choice (pecans, peanuts, cashews) (optional)
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- 1 can chickpeas drained
- ½ cup raisins
- ½ cup chopped cilantro
- Mixed salad greens or baby spinach (optional)

INGREDIENTS - DRESSING

- ⅓ cup vegetable oil
- 1 tsp crushed ginger
- 1 tsp crushed garlic
- 1 tsp turmeric powder
- 1 heaped tsp coriander powder
- 1 heaped tsp cumin powder
- 1 heaped tsp curry powder
- ½ tsp garam masala
- ½ tsp chilli powder (or to taste)
- 1½ tsp salt (or to taste)
- ¾ cup lemon juice

INSTRUCTIONS:

1. To make the quinoa, boil with 1½ cups water and with ½ tsp turmeric powder, ½ tsp cumin powder, ½ tsp coriander powder and salt. Reduce heat to low and cover with a lid. Cook for 15 minutes. Remove from heat and let stand for 5 minutes, covered. Remove the lid and fluff the quinoa with a fork.
2. Make the dressing by heating the oil on medium high. Add the ginger and garlic and cook for 30 seconds. Add all the spices and stir in the oil for about 40 seconds to cool all the spices and incorporate the flavours. Turn off the heat.
3. Add the lemon juice and stir.
4. Mix a bit of dressing in the quinoa to coat.
5. Add all the other ingredients and mix the dressing at intervals to coat the salad
6. If using mixed salad greens or baby spinach, reserve some dressing and add to the quinoa and greens when serving.



Tips and Additional Information

QUINOA

- Quinoa is not a grain like wheat, oats and rice, which are grasses
- It is a pseudo-grain or pseudo-cereal, along with buckwheat, amaranth, and chia
- Among plants, it is a member of the amaranth family, which also includes spinach, beets, and chard
- And, quinoa is gluten-free
- Quinoa can be consumed either raw or cooked
- The nutritional value changes when cooked, as the water content is greatly increased

Quinoa is from South America, and is an important food for the Indigenous people

- Internationally, quinoa's popularity started to increase around 2004
- It is now grown in over 75 countries, including Kenya (where Fahra's family is from), India, the United States, and in Europe

We eat the quinoa seed which is high in protein, dietary fiber, B vitamins and minerals, especially potassium and magnesium.



HEALTH FACTS - QUINOA:

- 100 g of raw quinoa seeds supply 368 kcal of food energy: 13% water, 64% carbohydrates, 14% protein, and 6% fat
- A rich source of protein, dietary fiber, several B vitamins including folate (46% DV)
- A rich source of magnesium (55%), manganese (95%), phosphorus (65%), and zinc (33%)
- 100 g of cooked quinoa supplies 120 kcal of food energy: 72% water, 21% carbohydrates, 4% protein, and 2% fat
- A rich source of manganese (30% DV) and phosphorus (22% DV)
- A moderate source of dietary fiber and folate (11%)
- A moderate source of iron (11%), magnesium (18%), and zinc (11%)

NOTE: 1 kilocalorie = 1,000 calories



Tips and Additional Information

CHICKPEA

- The chickpea is a legume in the same subfamily as peas and sweet peas. It is very versatile.
- They are typically used in Mediterranean and Middle Eastern cooking:
- It is the key ingredient in hummus (the Arabic word for chickpeas) and falafel, can be roasted, spiced, and eaten as a snack
- In Indian cuisine, it is used in salads, soups, stews, curries, and is used in making pakoras
- In the Philippines, chickpeas preserved in syrup are eaten as sweets and in desserts such as halo-halo.
- Ground chickpea has been used as a substitute for coffee
- Three-quarters of chickpeas are produced in India

You can cook with either canned or dried chickpeas.

- Dried chickpeas need a long cooking time (1–2 hours) and fall apart when cooked longer
- If soaked for 12–24 hours before use, cooking time can be shortened by around 30 minutes



HEALTH FACTS - CHICKPEAS:

- Chickpeas are a popular vegetarian food.
- Chickpeas are high in protein
- Cooked chickpeas are 60% water, 27% carbohydrates, 9% protein, and 3% fat
- 100 g cooked chickpeas supply 164 calories of food energy
 - A rich source of folate (43% DV) and manganese (45% DV, table)
 - A moderate source (10–16% DV) of thiamine and several dietary mineral

Sources:

- <https://en.wikipedia.org/wiki/Quinoa>
- <https://en.wikipedia.org/wiki/Amaranth>
- <https://en.wikipedia.org/wiki/Pseudocereal>
- <https://en.wikipedia.org/wiki/Chickpea>
- <https://en.wikipedia.org/wiki/Faboideae>