

SHEFFIELD'S
SWEET ENOUGH



CHARGRILLED TANDOORI
CHICKEN WITH CHANA
MASALA

SHEFFIELD IS SWEET ENOUGH

Sheffield is Sweet Enough and Co-op have joined forces to help local people tackle the problem of too much sugar. By cooking more meals at home you can take full control of the ingredients and reduce your family's sugar intake. All of our recipes are lower in sugar, nutritious and delicious. Enjoy!

Chargrilled tandoori chicken with chana masala

Marinating in yogurt tenderises the meat, and the chana (chickpea) adds extra protein.

 Feeds 4  Ready in 40 minutes

Each serving contains

Energy	Fat	Saturates	Sugar	Salt
27%	Low 25%	Low 16%	Low 17%	Low 13%
2293kj 545kcal	17.3g	3.2g	15.4g	0.76g

% of adult's reference intake | Carbohydrates per serving: 41g

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Ingredients

100g Co-op 0% fat Greek style natural yogurt

2 tbsp garam masala

2 tsp turmeric

2 tsp mild chilli powder

10cm ginger, grated

620g pack Co-op British chicken breast fillets, cut into strips

1 tbsp Co-op olive oil

1 onion, finely diced

2 x 400g cans Co-op chopped tomatoes

2 x 400g cans Co-op chickpeas, drained and rinsed

125g pack Co-op British baby spinach

75g cashew nuts, toasted and chopped (optional)

Handful coriander leaves

Method

1. Put the yogurt in a large bowl and mix with half each of the garam masala, turmeric, chilli powder and ginger
2. Add the chicken and coat well in the marinade, then chill for at least 2 hours or, better still, overnight
3. Heat half the olive oil in a saucepan, and cook the onion over a medium heat for 3-4 mins, until beginning to soften
4. Season, add the remaining spices and ginger, then cook for another minute, until fragrant
5. Stir in the tomatoes, chickpeas and 1 can of water, then bring to a simmer
6. Cook for 12-15 mins, until thickened slightly
7. Meanwhile, brush the remaining oil onto a griddle pan, and put on a high heat
8. Using tongs, remove the chicken from the marinade and cook for 4-6 mins on both sides, until charred and cooked through
9. To serve, stir the spinach into the sauce until just wilted, then spoon into bowls and top with the chicken
10. Scatter over the toasted cashews, if using, and the coriander

