



KUMAR'S

酷玛印度风味Tikka Masala鸡配菠萝和薄荷碎

TIKKA MASALA CHICKEN WITH PINEAPPLE AND MINT



原材料

- 1公斤鸡腿肉切小块
- 250克Tikka Masala调味酱
- 50克油
- 150毫升高汤
- 100毫升椰奶
- 100克菠萝切块
- 15克薄荷碎末

烹饪方法

- 将调味酱与高汤和油混合，加入鸡肉，搅拌均匀，腌制1-2个小时。加入菠萝块。放入预热过的烤箱，以180摄氏度烤15分钟，直至鸡肉全熟。

其他做法：

- 放油入锅，大火翻炒鸡肉，加入除了薄荷碎的其余配料，继续烹饪15分钟直至鸡肉全熟，酱汁呈粘稠状。
- 装盘时用薄荷碎装饰。



INGREDIENTS

- 1kg chicken thigh cut into small pieces
- 250g tikka masala paste
- 50g oil
- 150ml chicken stock
- 100ml coconut milk
- 100g diced pineapple
- 15g chopped mint

PREPARATION

- Mix together the tikka masala paste with the chicken stock and oil.
- Add the tikka masala mixture to the chicken,
- Marinate for 1-2 hours.
- Add the diced pineapple to the chicken mixture.
- Cook in the oven at 180°C for about 15 minutes until the chicken is cooked through.

Alternatively:

- Stir fry the chicken in the oil, add the remaining ingredients and cook for a further 15 minutes until the chicken is cooked though and the sauce is the correct consistency.
- Garnish with the chopped mint.

