



SUNDAY DEMO – 13:30-14:00

CHICKEN TIKKA MASALA (serves 4)

Ingredients

Chicken Tikka

500g boneless and skinless chicken thighs
1 tbsp. garam masala
1 tsp. mild chilli powder
1 tsp. amchoor powder (optional)
1 tbsp. garlic and ginger paste
1 tsp. salt
1 tbsp. mint sauce
Juice ½ lemon
100ml natural yoghurt
1 tsp. turmeric
¼ tsp. red food colouring (optional)

Masala Sauce

1 onion finely diced
1 tbsp. garlic and ginger paste
1 heaped tbsp. garam masala
1 tsp. turmeric
1 tbsp. tomato puree
50g ground almonds
1 x 400g tin chopped tomatoes
1 tbsp. dried fenugreek leaves
200ml chicken stock
100ml double cream

Method

Marinate the chicken in a bowl, along with the Tikka ingredients. Leave to stand for an hour if you have time, but if not, these are good to go. Thread onto skewers, then cook in your air fryer set at 200° for 12 minutes.

To make the masala sauce, gently fry the onion, garlic and ginger in a pan along with some oil and salt and pepper. Add in the spices, tomato purée, almonds, chopped tomatoes, fenugreek and chicken stock. Simmer over a medium heat for 8 minutes before adding the cooked chicken tikka then cooking for a further 10 minutes. Finally stir through the double cream and serve with Basmati rice and naan bread.



SUNDAY DEMO – 15:30-16:00

CHICKEN CHOW MEIN (serves 2)

Ingredients

2 nests of egg noodles
1 chicken thigh sliced
½ onion sliced
1 clove garlic chopped
1 tbsp. light soy sauce
1 tbsp. dark soy sauce
handful beansprouts
1 Tsp. sugar
1 tsp. sesame oil
3 spring onions

Method

Boil the egg nests for four minutes then drain and plunge into cold water. Once cool. Pop back into a bowl at a tiny bit of oil then mix so the noodles are coated. This will stop them sticking together in the wok.

Heat a large frying pan or wok, then add a splash of oil. Pop in the chicken and cooking until golden, this will take around three minutes. Add in the onion and garlic and toss for a minute, then the noodles, dark and light soy, then add in the bean sprouts and mix well. Finally, add a small amount of sugar to taste, some sesame oil and lastly some spring onions. Cook for a further 30 seconds, then serve up.

PRAWN 'AIR FRIED' RICE (serves 1)

Ingredients

1 x 250g pouch of microwave rice
1 heaped tsp. garlic and ginger paste
80g prawns
50g frozen peas
1 small red chilli sliced
3 spring onions chopped
1 egg beaten
1 tbsp. dark soy sauce

Method

Pre-heat your air fryer to 210c.

Decant the rice into the air fryer drawer or a suitable heat proof container approx. 20cm x 15cm in size. Stir through the garlic and ginger paste, prawns, peas, chilli and spring onion then cook for 10 minutes, drizzle over the egg then cook for a further 5 minutes, stirring occasionally to break up the egg. Finally add the soy sauce to taste, stir well then serve.