



Alström Syndrome UK
Strength for today, hope for the future

Stay Fit, Stay Healthy, Stay Happy

Ali's Chicken Tikka Masala
(fat free) very mild,
suitable for young children



Preparation Time
15 minutes

Cooking Time
20-30 minutes

Serves 2

www.alstrom.org.uk

What will I need?

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| 225g of boneless skinless chicken thigh | 2 to 3 pieces of broccoli (fresh or frozen) |
| 1 garlic clove or 1 teaspoon of garlic paste | 1 small carrot (fresh or frozen) |
| 1 small piece of fresh ginger or 1 teaspoon of ginger paste | Half a tin of chopped tomatoes |
| Half a medium sized onion | You can add a small chopped potato, if desired |
| Half a teaspoon of turmeric powder | Vegetarian option: Chicken can be replaced with Quorn |

What will I need to do?

1. Chop the chicken thigh into small pieces.
2. Peel and crush the garlic clove and fresh ginger.
3. Peel and finely chop the onion.
4. Peel and chop the carrot.
5. Put 300ml of water into a saucepan
6. Add all the ingredients to the saucepan and heat until boiling.
7. Turn the heat down and simmer for approximately 20 minutes or until all the water has been absorbed. You can add more water if desired.
8. Once the meat and vegetables are tender, turn off the heat and allow to cool enough to serve and eat.
9. Eat on its own or serve with a small portion of brown rice or wholemeal chapati.

Top Tips

The curry can be frozen once completely cooled or stored in the fridge. Once in the fridge, consume within 2 days.

A talking measuring jug would be useful and a child friendly paring knife.