

Paneer Tikka Masala

Prepared by
Michelin Star chef **MARC FOSH**

SERVES 4

200g panner, cut into rectangles
100ml cream
100ml natural yoghurt
200ml vegetable stock
2tbsp fresh coriander, chopped
1 Small onion, chopped
175g cooked chickpeas
2 carrots, peeled & sliced
2 garlic cloves, crushed
Juice of ½ lemon
Cooked basmati rice and naans, to serve

Tikka Masala Paste

1tsp cumin seeds
1tsp coriander seeds
1tsp cayenne pepper or Chile powder
1tsp paprika
2tsp garam masala
1tsp turmeric
1 (2-inch) piece peeled fresh ginger
1tsp salt
2tbsp tomato paste

Place all the ingredients in a food processor and blend to a paste.

1. Heat a little olive oil in a heavy bottomed saucepan and add the chopped onions, carrots and garlic and cook for 1-2 minutes over a gentle heat.
2. Stir in the Tikka Masala paste and add the vegetable stock and the cream.
3. Bring to the boil and add the chickpeas. Simmer gently for 5-6 minutes. Allow to cool slightly.
4. Add the yoghurt and return to a low heat. Then stir in the lemon juice and chopped coriander. Season with salt & pepper.
5. Heat the grill to high. Season the paneer and place on a non-stick baking tray.
6. Drizzle with a little olive oil and grill, turning, until sizzling and charred at the edges.
7. Add the paneer to the tikka masala.
8. Garnish with coriander leaves and serve with cooked basmati rice and naam bread.

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