

# Butter Chicken

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 4 TBSP (8 TBSP)\* butter
- 2 TBSP (4 TBSP)\* cornstarch
- Cooked rice
- Optional toppings and garnishes: Naan bread, chopped cilantro

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)\* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Remove the chicken and shred or chop into bite-sized pieces. Cover with foil to keep warm.
5. Add 4 TBSP (8 TBSP)\* butter to the sauce in the pot.
6. Using an immersion blender or table-top blender, blend sauce until smooth. BE CAREFUL; LIQUID IS HOT.
7. Optional: if a thicker sauce is desired, use the sauté function to bring the mixture to a boil; combine 2 TBSP (4 TBSP)\* water and 2 TBSP (4 TBSP)\* cornstarch in a small container and stir; add to meat mixture, stirring constantly until it thickens.
8. Add shredded chicken back to the juices.
9. Serve hot over rice with a side of naan bread to soak up all the juices.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-9.

## Leftover Suggestions:

- Wrap: Roll in naan, tortilla, or lettuce leaf with desired toppings and a scoop of cucumber yogurt sauce
- Pizza: Use naan or flatbread as a base, spread with chicken, sprinkle cheese, and back until bubbly

## Notes:

- Pair this with warm naan or fluffy rice to soak up every bit of the rich, flavorful sauce

## Nutrition Facts

4 servings per container

Serving size  
3/4 cup (305g)

Calories per serving **190**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carbohydrate</b> 6g	<b>2%</b>
Saturated Fat 3g	<b>15%</b>	Dietary Fiber 1g	<b>4%</b>
Trans Fat 0g		Total Sugars 3g	
<b>Cholesterol</b> 95mg	<b>32%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 650mg	<b>28%</b>	<b>Protein</b> 30g	

Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 1.5mg 8% • Potassium 20mg 0%  
Vitamin A 240mcg 25% • Vitamin C 8mg 8%

INGREDIENTS: CHICKEN, DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), COCONUT MILK (COCONUT MILK, WATER), GARLIC, SPICE, SALT, TURMERIC, PAPRIKA

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

