

# Chicken Tikka Masala

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):

- Cooked Rice and/or naan bread
- 1/2 cup (1 cup)\* plain yogurt — may use regular or Greek yogurt
- Optional: 2 TBSP (4 TBSP)\* cornstarch
- Optional toppings and garnishes: Fresh cilantro

## Instant Pot Cooking Directions:

1. Locate the bag of peas and keep it in the freezer until ready to use.
2. Open meal and pop food into the pressure cooker pot. Add 1/4 cup (1/4 cup)\* of hot water.
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
4. When pressure cooking is complete, use a natural release.
5. Move meat to a cutting board and shred. Set aside.
6. Optional: For a thicker sauce, 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 HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
7. Add in 1/2 cup (1 cup)\* yogurt and whisk until smooth. Add the meat and peas to the sauce and stir until the peas are thawed.
8. Serve over rice with a side of Naan Bread

## 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 5-8.

## Leftover Suggestions:

- Quesadilla, lettuce wraps, sandwich, serve over noodles, pizza

## Notes:

- Make store-bought naan taste homemade! Place naan on a sheet pan. Spritz with olive oil and sprinkle with garlic salt. Place it under the oven broiler for 1 - 2 minutes to warm; serve immediately.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 5g	6%	Total Carbohydrate 9g	3%
4 servings per container	Saturated Fat 3g	15%	Dietary Fiber 3g	11%
Serving size	Trans Fat 0g		Total Sugars 4g	
1 cup (280g)	Cholesterol 75mg	25%	Includes 0g Added Sugars	0%
Calories	Sodium 1150mg	50%	Protein 26g	
per serving	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.9mg 10% • Potassium 280mg 6% Vitamin A 300mcg 35% • Vitamin C 10mg 10%			

\* 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.

INGREDIENTS: CHICKEN, TOMATO SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), WATER, SEA SALT, CITRIC ACID, SPICE), COCONUT MILK (COCONUT MILK, WATER), PEAS, ONION, SPICE, SALT, TURMERIC