

Chicken Tikka Masala

One of our favorite Indian curries and we're making our version with an almond-tomato-cream sauce, cage-free chicken and peas. We serve it over Jasmine rice and topped with a bit of toasted coconut. Simply delicious!

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Sauté Pan

FROM YOUR PANTRY

Olive Oil or Butter
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Chicken Breast
Spiced Onion
Almond Cream Sauce
Peas
Toasted Coconut

Make The Meal Your Own

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving – 600 Calories, 65g Protein, 11g Fat, 63g Carbs, 14 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Free-Range Chicken, Jasmine Rice, Tomatoes, Peas, Onions, Heavy Cream, Almonds, Tomato Paste, Toasted Coconut, Ginger, Garlic, Lime Juice, Sugar, Herbs and Spices

meez *meals*

1. Get Organized

Bring 2 cups of water to a boil in a medium saucepan.

2. Cook the Rice

When the water is boiling, add the **Jasmine Rice** and a pinch of salt. Reduce the heat to a simmer and cover. Cook until all the water has been absorbed, about 20 to 25 minutes. Remove from heat and fluff with a fork, add the **Peas**, cover again and set aside.

We like to add a pinch of salt with the rice when it goes in the boiling water.

3. Prep the Chicken

While the rice is cooking, cut the **Chicken Breast** into 1" cubes. Sprinkle with salt and pepper (we use 1/8 tsp salt and 1/8 tsp pepper, so use about half per side, or more if you like).

We suggest not stirring the chicken while it is in the pan until it has browned a bit. That's where a lot of the flavor comes from.

Heat oil or butter on medium high heat in the sauté pan, add chicken to the pan and sear the chicken, about 5 minutes. Remove from pan, but leave the remaining oil and juices from the chicken in the pan. You will use this to make the sauce.

4. Make the Sauce

Add the **Spiced Onion Mix** to the sauté pan and cook over medium high heat until the onions are translucent, about 3-4 minutes. Add the **Almond Cream Sauce** to the pan and simmer on low heat for about 10-15 minutes.

The chicken may not be fully cooked at this point, but it will continue cooking in the sauce.

When the Almond Cream sauce is ready, add the chicken back to the pan, and simmer for 5 minutes. Season with salt and pepper to taste.

5. Put It All Together

Serve the chicken and sauce over the rice. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois