



Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

Chicken Tikka Masala

Ingredients

Marinated Chicken Masala
BS Chicken Thighs, Greek Yogurt, garlic, Ginger, Lemon Juice, Coriander, Turmeric, Cumin, Paprika, Chili Powder, Cinnamon, Black Pepper, Salt, Oil.

Masala Sauce
Olive Oil, Ghee, Onion, Garlic, Ginger, Garam Masala, Coriander, Paprika, Cumin, Cinnamon, Tomato Paste, Bell Pepper, Tomatoes, Water, Heavy Cream, Ground Almonds, Maple Syrup

Naan
Bob's GF Flour, Egg, Yogurt, Butter, Yeast, Cream of Tartar, Water

Jasmin Rice
Cilantro

Directions

Casserole: The Chicken Tikka, sauce & rice are in the casserole. Following cooking instructions.

Warm naan in the oven for 5 minutes or in a toaster.

Garnish with cilantro and enjoy.