



# CHICKEN TIKKA MASALA

*Cauliflower "rice" studded with cashews, lime crema*

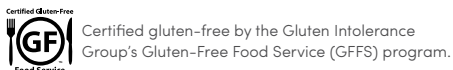
<b>COOK TIME</b> 25 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 620	<b>NET CARBS PER SERVING</b> 14 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
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Indian flavors star in this comforting meal. *Tikka masala* — a meat-based dish served with a creamy curry sauce — is made here with chicken thighs simmered in a spiced tomato sauce (featuring garam masala, cumin, paprika, and turmeric). Cream cheese is stirred in last before it's all piled into bowls and topped with tender cauliflower "rice." Cashews and a cilantro-lime crema garnish the dish.

- INGREDIENTS (8 ITEMS)**
- 12 oz **Boneless chicken thighs**
  - ½ cup **Curry-spiced tomato sauce**
  - ¾ tbsp **Butter** D
  - 1 small **Yellow onion**
  - 1 tbsp **Cream cheese** D
  - 2 tbsp **Cashews** T
  - 1 ¾ cups **Cauliflower "rice"**
  - ¼ cup **Cilantro-lime crema** D

- WHAT YOU'LL NEED**
- medium sauté pan
  - medium pot
  - measuring cup & spoons

- ALLERGENS**
- D DAIRY
  - T TREE NUT



**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry can be harmful to your health. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)

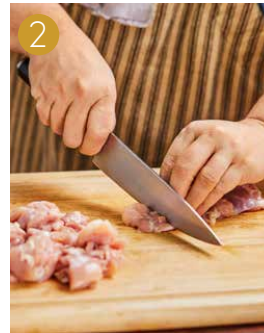
## 1 PREP ONION & NUTS

- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and small dice into about ¼-inch pieces.
- Roughly chop **cashews**.



## 2 PREP CHICKEN

- Cut **boneless chicken thighs** into bite-size pieces.



## 3 START TIKKA MASALA

- Heat about 1 ½ tablespoons cooking oil in a medium pot over medium-high heat. Add **chicken** to hot pot. Season with salt and pepper. Stir. Cook 3-4 minutes, or until chicken begins to brown, stirring occasionally.
- Add **butter** and **onion** to pot. Stir. Cook 4-5 minutes, or until chicken is fully cooked, stirring occasionally.\*

*\*Take Note: Chicken is fully cooked when it's no longer pink in the center.*



## 4 FINISH TIKKA MASALA

- Add **curry-spiced tomato sauce** and ⅓ cup water to pot with chicken. Bring to a simmer, then reduce heat to medium-low. Cook 6-8 minutes, or until sauce thickens, stirring occasionally.
- Remove from heat. Add **cream cheese**. Stir to combine. Salt and pepper to taste.



## 5 TOAST NUTS & COOK CAULIFLOWER

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium heat. Add **cashews** to hot pan. Stir. Cook 1 minute, or until nuts are lightly toasted, stirring frequently.
- Add **cauliflower "rice"** and ¼ cup water. Season with salt and pepper. Stir to combine. Cook 4-6 minutes, or until cauliflower is tender and water is absorbed, stirring occasionally.



## 6 PLATE YOUR DISH

- Ladle **chicken tikka masala** between bowls. Top with **cashew-studded cauliflower "rice."** Garnish with **cilantro-lime crema**.
- Enjoy!