



# CHICKEN TIKKA MASALA

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

|                            |                      |                                    |  |                                    |
|----------------------------|----------------------|------------------------------------|--|------------------------------------|
| <b>COOK TIME</b><br>25 MIN | <b>SERVINGS</b><br>2 | <b>CALORIES PER SERVING</b><br>440 | <b>NET CARBS PER SERVING</b><br>13 GRAMS | <b>MENU</b><br>KETO // GLUTEN-FREE |
|----------------------------|----------------------|------------------------------------|--|------------------------------------|

Indian-inspired flavors star in this comforting meal. *Tikka masala* — a meat-based dish served with a creamy curry — is made here with chicken thighs simmered in a curry-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" studded with cashews. A spiced cilantro-lime crema garnishes the dish.

## INGREDIENTS (8 ITEMS)


- 12 oz **Boneless chicken thighs**
- ½ cup **Curry-spiced tomato sauce**
- ¼ cup **Spiced cilantro-lime crema with Greek yogurt** <sup>M</sup>
- 1 oz **Cream cheese** <sup>M</sup>
- ¾ tbsp **Butter** <sup>M</sup>
- 1 medium **Yellow onion**
- 1 ½ cups **Cauliflower "rice"**
- 2 tbsp **Dry-roasted cashews** <sup>T</sup>

## WHAT YOU'LL NEED

- medium pot
- medium sauté pan
- measuring cup & spoons

## ALLERGENS

- <sup>M</sup> MILK
- <sup>T</sup> TREE NUTS (cashews)

 Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. 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 cut lengthwise into about ¼-inch thick strips.\*
- Roughly chop **dry-roasted cashews**.

*\*Chef's Tip: We recommend using the entire onion in this recipe, but feel free to use less!*



## 2 PREP CHICKEN

- Pat **boneless chicken thighs** dry with a paper towel. Cut **chicken** into bite-size pieces.\*

*\*Take Note: You may receive three to five chicken thighs, depending on the individual weight of each thigh.*



## 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**. 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 about 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**. Salt and pepper to taste. Stir until cream cheese is incorporated.



## 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 1-2 minutes, or until fragrant, 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

- Divide **chicken tikka masala** between bowls. Top with **cashew-studded cauliflower "rice."** Drizzle with **spiced cilantro-lime crema with Greek yogurt.**
- Enjoy!

