

CHICKEN TIKKA MASALA

Gluten Free | Nut Free

Serves 3 | Active Time 15 Minutes | Total Time 40 Minutes



INGREDIENTS :

1 lb Windy Meadows Family Farm Boneless Chicken Breast
16 oz Farmhouse Kitchen Tikka Masala Sauce
1 bunch Martinez Farms Cilantro
1/2 lb J&B Farms Green Beans
1/2 cup Gulf Pacific White Rice

YOU WILL NEED :

Canola, Olive, or Other Neutral-Tasting Oil
Salt & Pepper

INSTRUCTIONS :

Bring 1 cup of water, a big pinch of salt, and 2 tsp. of oil to a boil in a medium saucepan. When water reaches a boil, add the rice, stir once, and cover. Reduce heat to low, cook for 20 minutes. Remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

Trim ends of green beans and set aside. Cut chicken into 1 inch cubes and season liberally with salt and pepper. Bring a high sided saute pan to medium-high heat. Add 1 tbsp. oil when pan is just at smoking point. Sear the chicken for 2-3 minutes. Remove chicken from pan and set aside on a plate.

Reduce heat to medium and add green beans to the hot pan, cook for 2-3 minutes. Add the tikka masala sauce to the pan and return the chicken to the pan, including any juices that may have collected on the plate. Cook until chicken has reached an internal temperature of 165°F at the thickest part.

Roughly chop the cilantro. Scoop a portion of white rice into a bowl. Spoon the chicken, green beans and tikka masala sauce over your rice. Garnish with fresh chopped cilantro. Enjoy!

**Farmers and Vendors subject to change based on availability

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