

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 Eden East Farm Cilantro
1/2 lb J&B Farms Broccoli
8 oz Gulf Pacific White Rice

YOU WILL NEED:

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

INSTRUCTIONS:

Bring 2 cups 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.

Cut broccoli into florets 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, add broccoli to the same pan, cook for 2-3 minutes. Add the tikka masala sauce to the pan and return the chicken and its juices to the pan. Cook until chicken has reached an internal temperature of 165°F at its thickest part.

Roughly chop the cilantro. Scoop a portion of white rice into a bowl. Spoon the chicken, broccoli 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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