

RECIPE

Chicken Tikka Masala



Ready in **20-30 minutes**

Serves **2 people**

538 Calories

44g. Protein

60g. Carbs

15g. Fat

12g. Sugar

♥Fitbrit

Ingredients

- 8 oz. Chicken Breast
- 1 Jar Patak's Original Tikka Masala curry
- 1 cup dry Minute White Rice
- 2 cups Normandy Frozen Vegetables

Preparation

1. **Warm a large skillet and spray with non-stick spray.**
2. Cube chicken breast and brown in skillet.
3. **While chicken is cooking, start your frozen veggies by following cooking instructions on back of package.**
4. **Then start your rice by following cooking instructions on back of package.**
5. Once chicken is browned, add jar of sauce and simmer until warm.
6. Divide all ingredients onto 2 plates.

Tips

This jar of Tikka Masala says it can serve 3 people, but I like a little more sauce so I only do 1 jar per 2 people. So if you're increasing the serving size or have a larger party to serve, just make that note. Also, try using a fresh veggie if you have time like a side salad, if you want to mix things up. Last, I LOVE adding a Stonefire Mini Naan Flatbread on the side with a tiny bit of Chef Shamy's Garlic Butter when I feel I can use the extra calories and macros.