



# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## Chicken Tikka Masala

### Ingredients

Marinated Chicken Masala  
BS Chicken Thighs, Greek Yogurt, garlic, Ginger, Lemon Juice, Coriander, Turmeric, Cumin, Paprika, Chili Powder, Cinnamon, Black Pepper, Salt, Oil.

Masala Sauce  
Olive Oil, Ghee, Onion, Garlic, Ginger, Garam Masala, Coriander, Paprika, Cumin, Cinnamon, Tomato Paste, Bell Pepper, Tomatoes, Water, Heavy Cream, Ground Almonds, Maple Syrup

Naan  
Bob's GF Flour, Egg, Yogurt, Butter, Yeast, Cream of Tartar, Water

Jasmin Rice  
Cilantro

### Directions

Pour rice into a pot with lid. Fill rice container with cold water and pour into the pot with rice, repeat once and add a pinch of salt.

Bring rice to boil, cover and reduce to a simmer. Set time for 20 minutes. When timer goes off, remove from heat and let stand with lid on for another 10 minutes.

Pour chicken and sauce into an oven safe dish. Place on the middle rack at 350 for 25 minutes. 3 minutes before its done, place naan on lower rack for a few minutes to make hot.

Portion rice into bowls and top with chicken masala finished with chopped cilantro.