



## Chicken Tikka Masala

Preparation Time: 30 minutes

Cook Time: 40 minutes

Total Time: 1 hour 10 minutes

Category	Optional				Cooking process	#2 Same Day Service
Yield	37 each		74 each		Directions	
Ingredients	Weight	Measures	Weight	Measures		
Chicken, fully cooked, diced	5 lb		10 lb		<p><b>CCP: No bare hand contact with ready to eat food.</b></p> <p>1. Thaw diced chicken in refrigerator overnight.</p> <p>2. Add butter to tilt skillet set to medium heat. Once butter is melted, add diced onion, and cook for 4-5 minutes or until the onion edges begin to turn brown.</p> <p>3. Add the tomato paste to the skillet and stir to mix into the onion. Cook for about 2-3 minutes or until the paste begins to darken.</p> <p>4. Add the garam masala, granulated garlic, cumin, paprika, ginger, salt, and chili powder. Cook for about 30 seconds until fragrant but be careful not to let the spices burn.</p> <p>5. Add diced tomatoes with liquid (undrained) and water to the skillet. Bring the sauce to a simmer and cook for about 30 minutes uncovered to allow the sauce to significantly reduce and the flavors to develop.</p>	
Butter, unsalted		1/2 cup		1 cup		
Onion, white, raw, diced 1/2"	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt		
Tomato paste, no salt added		1/2 cup + 2 Tbsp		1 1/4 cup		
Garam Masala		1/4 cup + 2 Tbsp		3/4 cup		
Granulated garlic		2 Tbsp		1/4 cup		
Cumin		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp		
Paprika		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp		
Ginger		2 tsp		1 Tbsp + 1 tsp		
Salt		1 Tbsp + 2 tsp		3 Tbsp + 1 tsp		
Chili powder		1 tsp		2 tsp		
Tomatoes, diced, no salt added, canned		1/2 #10 can		#10 can		
Water		1 qt		2 qt		
Greek yogurt, plain, low-fat		2 cups		1 qt		



Cilantro, fresh, chopped		3/4 cup		1 1/2 cup	6. Turn off heat, allow sauce to stop simmering, and then blend using an immersion blender. Once smooth, stir in yogurt. Add chicken, return to a simmer, and cook until the chicken is warmed through.
Rice, brown, cooked		1 gal 2 1/2 cups		2 gal 1 1/4 qt	
		or 2 gal 1 1/4 qt		or 4 gal 2 1/2 qt	
					<b>CCP: Heat to 135° F or higher.</b>
					7. Top with chopped cilantro right before service. Serve 1/2 cup chicken tikka masala using a #8 disher over 1/2 cup (K-8) or 1 cup (9-12) brown rice.
					<b>CCP: Hold and serve at 135° F or higher.</b>
<b>Meal components</b>	2 oz eq WGR grain, 2 oz m/ma, 1/8 cup red/orange vegetable				
<b>Notes</b>	<b>Marketing guide (Food As Purchased)</b>		<b>37 servings</b>	<b>72 servings</b>	
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.	Onions, fresh		1 lb 12 oz	3 lb 8 oz	
	Cilantro, fresh		.7 oz	1.4 oz	
<b>Serving</b>					
One serving provides 2 oz eq WGR grain, 2 oz m/ma, 1/8 cup red/orange vegetable.					



Nutrients per serving					
<b>Nutrients per serving: with 1/2 cup rice</b>					
Calories	231	kcal	Sat Fat	2	g
Protein	17	g	Chol	49	mg
	27	g	Sodium	189	mg
Total Fat	5	g	Dietary Fiber	2	g
Nutrients per serving: with 1 cup rice					
Calories	335	kcal	Sat Fat	2	g
Protein	19	g	Chol	49	mg
Carb	50	g	Sodium	192	mg
Total Fat	6	g	Dietary Fiber	3	g