



Chicken Tikka Masala

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		CCP: No bare hand contact with ready to eat food.	
Butter, unsalted			1/2 cup		1 cup	1. Thaw diced chicken in refrigerator overnight.	
Onion, white, raw, diced 1/2"		1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	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.	
Tomato paste, no salt added			1/2 cup + 2 Tbsp		1 1/4 cup	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.	
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	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.	
Ginger			2 tsp		1 Tbsp + 1 tsp		
Salt			1 Tbsp + 2 tsp		3 Tbsp + 1 tsp		
Chili powder			1 tsp		2 tsp	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.	
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	
					CCP: Heat to 135° F or higher.
					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.
					CCP: Hold and serve at 135° F or higher.
Meal components	2 oz eq WGR grain, 2 oz m/ma, 1/8 cup red/orange vegetable				
Notes	Marketing guide (Food As Purchased)		37 servings		72 servings
*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
Serving					
One serving provides 2 oz eq WGR grain, 2 oz m/ma, 1/8 cup red/orange vegetable.					



Nutrients per serving					
Nutrients per serving: with 1/2 cup rice					
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