



FINCH + FENNEL

Tikka Masala Meal

YIELDS: 4-6 servings

COOK TIME: 30 minutes

INGREDIENTS:

2-3 Chicken Breasts, diced

Salt & Pepper

Olive Oil

1 jar F+F Effortless Tikka Masala Starter

¼ c Greek Yogurt (optional)

Cooked Rice, for serving



INSTRUCTIONS:

1. Season the diced chicken with salt & pepper. Add olive oil to a sauté pan and heat to medium-high. Add the chicken to the pan & sear on all sides, about 5 minutes.
2. Once the chicken is seared, add the F+F Effortless Tikka Masala Starter to the pan.
3. Bring to a simmer, then reduce heat to low, cover & let it simmer until chicken is cooked through, about 15 minutes.
4. Once the chicken has fully cooked, remove it from the heat & stir in Greek yogurt to finish, if desired (optional).
5. Serve the chicken over rice.

Enjoy!

