

Fragrant Chicken Tikka Masala With Potatoes
RECIPE

Fragrant Chicken Tikka Masala With Potatoes



TIME 35 min
INGREDIENTS 8 items
MAKES 4 servings

Perfect for a weekend treat

INGREDIENTS

- 2 tablespoons extra virgin olive oil or ghee
- 200g, sliced 1/8-inch sweet potato
- 1 onion, sliced
- 200g drained firm tofu, cubed ½-inch (approx.)
- 225g SEEDS OF CHANGE® Organic Tikka Masala Indian Sauce
- SEEDS OF CHANGE® Organic Wholegrain Rice & Quinoa with a Hint of Garlic 240g

INSTRUCTIONS

1. Heat olive oil in a frying pan over medium heat.
2. Add cauliflower, potatoes, and onion.
3. Cook, stirring occasionally, until cauliflower and potatoes are tender (10 to 12 minutes).
4. Add SEEDS OF CHANGE® Tikka Masala Sauce, shredded chicken, and chickpeas; continue cooking, stirring occasionally, until heated through (5 to 6 minutes).
5. Heat SEEDS OF CHANGE® Organic Wholegrain & Wild Rice with Quinoa & Barley according to package directions. To serve: place heated SEEDS OF CHANGE® Organic Wholegrain & Wild Rice with Quinoa & Barley on plate and serve sauce mixture over top. Garnish with green onions.

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