

Meals with Teal #6

Menu:

Chicken Tikka Masala
Vegetable fried rice
Potato Korma

Bonus: Mango Lassi

Recipes:

Chicken Tikka Masala:

Ingredients

1.5 pounds boneless chicken thigh meat (or breasts) cut into 1-inch cubes
1/2 cup plain Greek yogurt
1.5 tablespoons garam masala divided
1 teaspoon salt
1/4 teaspoon black pepper
4 tablespoons butter divided
1 onion diced (about 1 cup)
1 tablespoon ginger paste
1 tablespoon garlic paste
14.5 oz. canned crushed tomatoes or pureed
1/4 teaspoon cayenne pepper
1/2 cup coconut milk (or heavy cream)
Optional: fresh cilantro and sliced jalapeños, for serving

*Marinate the chicken in the yogurt, 1/2 tablespoon of the garam masala, kosher salt and black pepper for at least 20 minutes or overnight.

*Heat 2 tablespoons butter in a large, deep skillet or pot over medium-high heat. Brown the marinated chicken on both sides over very high heat- it shouldn't be fully cooked, you're just trying to get some color on it (2-3 min per side). Remove from the pot and set aside.

*Add remaining 2 tablespoons butter to pot and sauté the onions over medium heat until very soft, about five minutes. Stir in the remaining 1 tablespoon garam masala and cayenne pepper. Sauté for a minute or so, until spices are toasted and fragrant.

*Add the 2 cloves minced garlic and minced fresh ginger and sauté for approximately 1 minute, or until fragrant.

*Pour in the 14.5 oz. crushed tomatoes and add the browned chicken. Bring to a simmer, cover, and cook on low for about 15 minutes, or until chicken is fully cooked. Stir in the coconut milk. Taste and adjust seasoning if necessary.

Serve with naan, garnished with chopped fresh cilantro and sliced fresh jalapeños, if desired.

Vegetable Fried Rice:

Ingredients

Frozen vegetables-1 cup

1 tbsp butter

1 tbsp oil

½ onion- diced

½ tsp- ginger paste

½ tsp- garlic paste

½ cup mint

1 cup cilantro

Salt to taste

2 cups basmati rice (can use other kinds too)

*In a rice cooker or pan, add 1 tbsp butter and 1 tbsp oil, add diced onion and sauté them. Once soft, add ½ teaspoon of ginger paste and ½ teaspoon of garlic paste, continue to sauté for another 1-2 min. Add frozen vegetables and sauté until they are soft. Add salt to taste, mint and cilantro and mix. Add the rice and 3 c water and turn the rice cooker on (or cook in pan until cooked).

Potato Korma:

Ingredients

2 tbsp oil

2 russet potatoes- peeled and diced into 1 inch cubes

1 medium onion-sliced

1 tsp ginger paste

1 tsp garlic paste

1 tsp salt

2 roma tomatoes

1 tsp-cumin powder

1/4 tsp cayenne pepper (1/2 tsp for spicier)

1 tsp- garam masala powder

½ - ¾ cup plain greek yogurt

Optional:

2 cloves

1 whole cardamon

1 small cinnamon stick

*Add oil to a sauce pan. (Optional: Add clove, cardamom, cinnamon stick and saute). Add sliced onions and saute until soft. Add ginger and garlic paste, add tomatoes, add salt and cook until soft, add potatoes and let the mix cook. Mid way, add cumin powder, cayenne pepper, and garam masala.

*Continue to cook until potatoes are thoroughly cooked, turn the stove to low heat, add greek yogurt, mix all and then let it continue to cook until oil separates.

Bonus – Mango Lassi:

1 cup froaen mango chuncks

¼ c milk

¼ c Greek yogurt

Honey to taste

Optional: chia seeds, tsp turmeric

Blend and top with crushed cashews.

Meals with Teal Video#6:

<https://www.youtube.com/watch?v=r1Tk8JXU6h8>

The "bonus" video:

<https://www.youtube.com/watch?v=47mXxZgZfew>

Grocery List from Safeway:

Produce

Cilantro - 1 Bunch **\$1.69**

Gourmet Garden Ginger Stir-In Paste - 4 Oz **\$5.49**

Gourmet Garden Garlic Stir-In Paste - 4 Oz **\$5.49**

Yellow Sweet Onion **\$2.98**

Russet Potatoes **\$2.22**

Red Roma Tomato **\$1.24**

O Organics Mint Fresh - 0.5 Oz **\$2.49**

Meat

PERDUE Fit & Easy Chicken Thighs Boneless Skinless - 1.5 Lb **\$7.48**

Condiments, Spice & Bake

Signature SELECT Cayenne Pepper - 1.87 Oz **\$2.79**

Signature SELECT Cumin Ground - 2 Oz **\$0.00**

McCormick Gourmet Garam Masala Blend - 1.7 Oz **\$7.89**

Signature SELECT Milk Coconut - 13.5 Fl. Oz. **\$2.99**

Canned Goods & Soups

Signature SELECT Crushed Tomatoes - 15 Oz **\$1.19**

Dairy, Eggs & Cheese

Lucerne Butter - 8 OZ **\$2.99**

Lucerne Greek Yogurt Reduced Fat Plain - 32 Oz. **\$4.49**


Frozen Foods


Signature Select Vegetables Mixed 12 Oz - 12 OZ. **\$1.99**

Total: \$53.41

Safeway gift card: \$55

Nutritional Information:

Title	Chicken Tikki Masala
Servings	4
Nutrition Facts (per 1 Serving)	
Calories	431
Total Fat	25.3 g
Saturated	11.5 g
Trans	0 g
Polyunsaturated	0.7 g
Monounsaturated	3.6 g
Cholesterol	177.6 mg
Sodium	910.3 mg
Total Carbohydrates	14.4 g
Dietary Fiber	2.9 g
Sugar	8.2 g
Added Sugars	0 g
Sugar Alcohols	0 g
Net Carbs	
Protein	37.7 g
Vitamin D	3.1 %
Calcium	10.6 %
Iron	1.9 %
Potassium	1,015.2 mg
Vitamin A	9 %
Vitamin C	5.9 %
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

Title	Vegetable Fried Rice
Servings	4
Nutrition Facts (per 1 Serving)	
Calories	200
Total Fat	7.3 g
Saturated	2.4 g
Trans	0 g
Polyunsaturated	0.6 g
Monounsaturated	3.9 g
Cholesterol	7.5 mg
Sodium	248.1 mg
Total Carbohydrates	29.4 g
Dietary Fiber	1.8 g
Sugar	2.5 g
Added Sugars	0 g
Sugar Alcohols	0 g
Net Carbs	
Protein	3.4 g
Vitamin D	0 %
Calcium	3.1 %
Iron	8.9 %
Potassium	106.5 mg
Vitamin A	20.6 %
Vitamin C	8.2 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Title	Potato Korma
Servings	4
Nutrition Facts (per 1 Serving)	
Calories	210
Total Fat	8.8 g
Saturated	1.4 g
Trans	0 g
Polyunsaturated	0.9 g
Monounsaturated	5.7 g
Cholesterol	3.1 mg
Sodium	828.4 mg
Total Carbohydrates	27.6 g
Dietary Fiber	3.4 g
Sugar	6.3 g
Added Sugars	0 g
Sugar Alcohols	0 g
Net Carbs	🔒
Protein	6.5 g
Vitamin D	0 %
Calcium	6.9 %
Iron	8.5 %
Potassium	590.9 mg
Vitamin A	1.5 %
Vitamin C	13.1 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	