



CHICKEN TIKKA MASALA

Recipe Project Name/Written By:	Dairy MAX
Recipe Category:	Lunch, Speed Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	30 minutes
Cook Time:	40 minutes
Total Time:	1 hour 10 minutes
K-5 Portion Size:	#8 disher chicken + 1/2 cup brown rice
6-12 Portion Size:	#8 disher chicken + 1 cup brown rice
Meal Pattern Contribution:	1 or 2 oz eq WGR grain, 2 oz eq m/ma, 1/8 cup red/orange vegetable

INGREDIENTS	37 Servings		74 Servings	
	Weight	Measure	Weight	Measure
Chicken, cooked, diced 1/2", USDA foods	5 lb		10 lb	
Butter, unsalted		1/2 c		1 c
Onion, white, diced 1/2"	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt
Tomato paste, no salt added		1/2 c + 2 Tbsp		1 1/4 c
Garam masala		1/4 c + 2 Tbsp		3/4 c
Granulated garlic		2 Tbsp		1/4 c
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		1 #10 can
Water		1 qt		2 qt
Yogurt, Greek, plain, low-fat		2 c		1 qt
Cilantro, chopped		3/4 c		1 1/2 c
Rice, brown, cooked		1 gal 2 1/2 c or 2 gal 1 1/4 qt		2 gal 1 1/4 qt or 4 gal 2 1/2 qt

DIRECTIONS
CCP: No bare hand contact with ready to eat food.
1. Thaw diced chicken in refrigerator overnight.
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.
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.
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.
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.
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.
CCP: Heat to 135° F or higher for at least 15 seconds.
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.

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NUTRITION INFORMATION

Serving Size 1/2 c chicken + 1/2 c rice

NUTRIENTS AMOUNT

Calories 238

Total Fat 6 g

Saturated Fat 2 g

Cholesterol 53 mg

Sodium 396 mg

Total Carbohydrate 27 g

Dietary Fiber 2 g

Total Sugars 3 g

Added Sugars 0 g

Protein 17 g

Vitamin D 0 mcg

Calcium 35 mg

Iron 1.1 mg

Potassium 153 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	37 Servings	74 Servings
Onions, fresh	1 lb 12 oz	3 lb 8 oz
Cilantro, fresh	0.7 oz	1.4 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

Substitute full fat yogurt if your weekly nutrient analysis allows for the increase in saturated fat.

YIELD/VOLUME

37 Servings	74 Servings
N/A	N/A

