

Chicken and Chickpea Tikka Masala

This recipe makes about 4 cups



Ingredients

3 tbsp masala paste, divided
1/2 cup plain Greek yogurt
8 oz boneless, skinless chicken breast, diced
3/4 cup canned chickpeas, rinsed and drained
3/4 cup full-fat coconut milk
1/2 cup tomato puree

Sea salt, to taste

Directions:

1. In a mixing bowl, combine 1 tablespoon of masala paste with the Greek yogurt. Add the diced chicken breast to the mixture and stir until the chicken is evenly coated. Cover and marinate in the refrigerator for at least 30 minutes.
2. After marinating, heat a pan over medium heat. Add the remaining 2 tablespoons of masala paste and cook for 1-2 minutes, stirring to release the flavors.
3. Add the marinated chicken to the pan and cook for 5-7 minutes until the chicken is browned on all sides.
4. Stir in the chickpeas, coconut milk, and tomato puree. Mix well to combine.
5. Season with sea salt to taste. Reduce the heat to low and simmer for 15-20 minutes, stirring occasionally, until the chicken is cooked through and the sauce has thickened.
6. Distribute the food evenly across a tray lined with parchment paper.
7. Place dividers (if you choose). This recipe is approximately 2 servings of food.
8. Pre Freeze when possible
9. Freeze dry (my cycle time was 31 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add hot water gradually, using about 1 to 1 ½ cup of hot water per serving (this recipe is 2 servings) to the freeze-dried masala chicken and chickpeas. Stir and let sit for 10-15 minutes until fully rehydrated, adding more water if needed for desired consistency. Heat and serve.

Notes:

This recipe is excellent, especially when served with rice or naan.

Nutritional Value Per 1 serving

Calories: 588 Protein: 31.5 g Fat: 29 g Carbohydrates: 29 g Sugar: 10.5g Fiber: 6.5 g