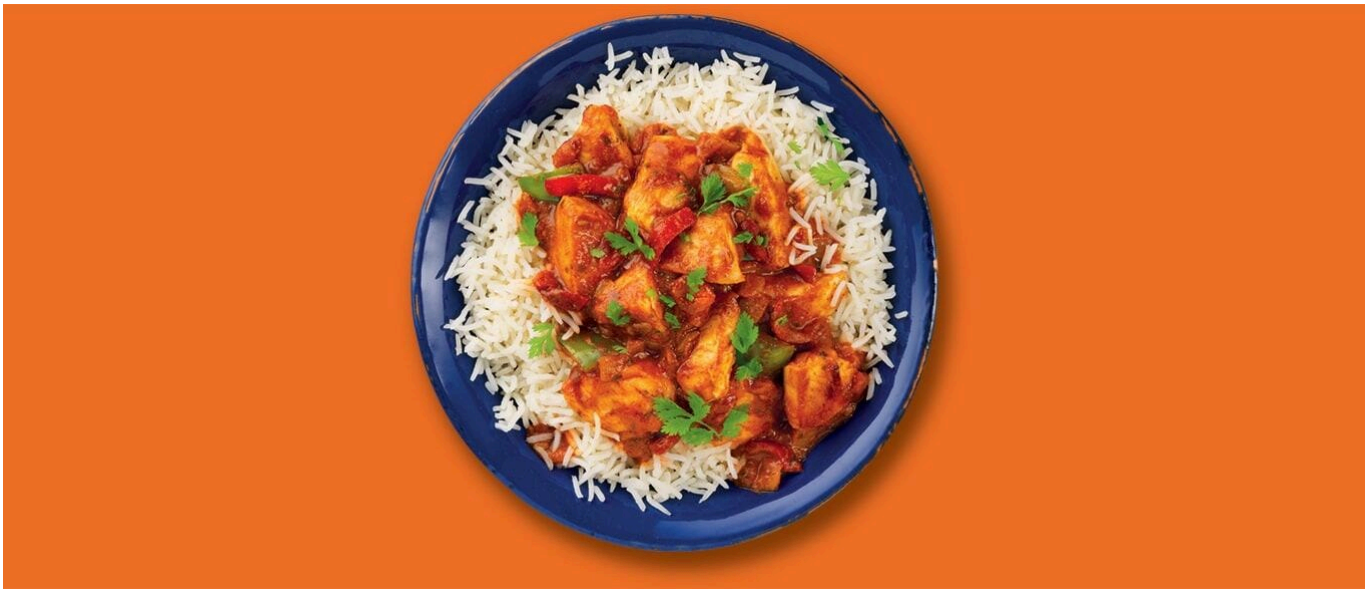
Ben's Original™

Chicken Tikka Masala with Peppers & Rice
RECIPE

Chicken Tikka Masala with Peppers & Rice



TIME	20 min
INGREDIENTS	9 items
MAKES	4 servings

This well-loved Indian take-out favorite is both simple and delicious to make at home. This version, made with the addition of sweet bell peppers, is a complete meal with bold flavors.

INGREDIENTS

- 2 pouches of cooked Ben's Original™ Boil-in-bag Long Grain White Rice
- 1 pound chicken breast, boneless skinless, cut into 1-inch pieces
- 1/2 tsp. salt
- 3/4 cup plain yogurt
- 1 lemon, juiced
- 1 jar tikka masala sauce
- 1 bell pepper, cut into thin strips
- 2 Tbsp. olive oil
- 2 sprigs Cilantro (optional)

INSTRUCTIONS

1. Mix the yogurt, lemon juice, and salt in a medium bowl. Add the chicken and stir to coat the chicken completely, set aside to marinate.
2. Heat 2 Tbsp. olive oil in a large skillet on medium-high heat. Remove the chicken from marinade and cook about 5 minutes. Add bell peppers and cook 2 until chicken is cooked through, about 2 minutes.
3. Pour tikka masala sauce into the pan with the chicken, stir well to combine until sauce is bubbly and serve over rice. Garnish with fresh cilantro if desired.

Nutrition

- CALORIES: 480
- TOTAL FAT: 16g - 21%
- SATURATED FAT: 3g - 15%
- TRANS FAT: 0g
- CHOLESTEROL: 90mg - 10%
- SODIUM: 380mg - 17%
- TOTAL CARBOHYDRATES: 53g - 19%
- DIETARY FIBER: 2g - 7%
- TOTAL SUGARS: 4g
- PROTEIN: 32g

Categories:

Chicken, Stovetop, Ready Rice

MORE RECIPES LIKE THIS



Arroz Chino

Cooking time

20 min

Ingredients

11 items



Chicken Rice Casserole

Cooking time

7 min

Ingredients

4 items



Fully Loaded Jambalaya

Cooking time

20 min

Ingredients

9 items

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