

# Lean & Green

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## INSTANT POT CHICKEN TIKKA MASALA



**No. of servings:** 4

**Per serving:** 1 leaner | 3 green |  
1 healthy fat | 3 condiments

**Total Time:** 30 minutes

**Cuisine:** Indian

**Contains:** Meat, Tree nuts

### INGREDIENTS

2 cups (360g) tomatoes, diced  
½ cup (120mL) full-fat canned  
coconut milk  
2 tsp garam masala  
1 tsp cumin  
1 tsp grated fresh ginger  
½ tsp onion powder  
½ tsp garlic powder  
½ tsp smoked paprika  
¼ tsp turmeric  
¼ tsp cayenne pepper  
½ tsp salt  
680g boneless skinless chicken  
thighs, cubed  
1 medium head of cauliflower (580g),  
trimmed and chopped into rice-like  
pieces\* (should yield about 4 cups)  
¼ cup chopped fresh cilantro

### DIRECTIONS

1. Combine first 11 ingredients in a medium-sized bowl.
2. Place chicken in a pressure cooker, and pour sauce over top. Secure lid and close pressure valve. Set to 20 minutes at high pressure. Allow pressure to release naturally before opening.
3. Meanwhile, steam cauliflower "rice" on high in microwave for about 3 to 4 minutes or over stovetop until tender.
4. To serve: Divide riced cauliflower and chicken evenly amongst four bowls. Garnish with cilantro.

**\*Note:** To make cauliflower "rice", trim and chop a head of cauliflower into rice-like pieces using a knife. Alternatively, you may grate the cauliflower with a box grater or cut cauliflower into florets and lightly pulse in a food processor.

**Per serving:** 310 calories, 38g protein,  
12g carbohydrate, 13g fat



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