Slow Cooker Chicken Tikka Masala
RECIPE

Slow Cooker Chicken Tikka Masala



TIME	185 mins
INGREDIENTS	8 items
MAKES	2 servings

Throw this curry together in minutes and you can keep yourself busy knowing dinner is ready and cooking away!

INGREDIENTS

- Ben's Original™ Pilau Microwave Rice 220g
- 1tbsp Sunflower Oil
- 4 Skinless, boneless Chicken Thighs
- 1 White Onion, chopped
- 1tbsp Tikka Curry Paste
- 400g Tinned Chopped Tomatoes
- 200ml Coconut Milk
- Small Handful of Coriander, stalks removed

INSTRUCTION

1. Place a frying pan on a high heat (if the inside of your slow cooker is hob-safe, this will

save on the washing up!). Add the oil and chicken thighs, cooking until brown.
2. Reduce the heat to medium and add the onion followed by the curry paste. Cook for 2-3 minutes, or until the spices begin to release their aromas.
3. Stir in the chopped tomatoes and coconut milk and transfer straight into the slow cooker with the lid fitted. Cook on low for at least 3 hours, until the chicken is tender.
4. Heat the Ben's Original™ rice according to pack instructions then place into bowls. Top with the slow cooker curry and garnish with coriander leaves.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 51.9
- Cholesterol(mg) 150
- Dietary Fiber (g) 5.1
- Energy (kJ) 2717
- Protein (g) 36.1
- Sugars (g) 11.6
- Total Fat (g) 31.9
- Saturated Fat (g) 12.3
- Salt(g) 0.93
- Sodium (mg) 371
- Trans Fat(g) 0.3

Categories:

Chicken, 45 MIN +, Pilau, Stove Top, Food of the World , Make your own Takeaway

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Tikka Salmon

Cooking time

25 mins

Ingredients

9 items



Indian Chicken Curry

Cooking time

150 mins

Ingredients

16 items



Cheat's Biriyani

Cooking time

35 mins

Ingredients

11 items

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