

Slow Cooker Chicken Tikka Masala RECIPE

# Slow Cooker Chicken Tikka Masala



<?xml version="1.0"?>

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!

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#### **INGREDIENTS**

- Ben's Original<sup>™</sup> 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. 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. 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. 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. 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(q) 0.3

# **Categories:**

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

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## **Tikka Salmon**

Cooking time

25 mins

Ingredients

9 items

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# **Indian Chicken Curry**

Cooking time

150 mins

Ingredients

16 items

**SEE DETAILS** 

×

## **Cheat's Biriyani**

Cooking time

35 mins

Ingredients

11 items

**SEE DETAILS** 

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