



Chicken Tikka Masala with Riced Cauliflower

Ingredients:

- 1 package Nature's Earthly Choice™ Riced Cauliflower
- 1 ½ pounds boneless, skinless chicken breast
- ½ medium yellow onion, diced
- 2 garlic cloves, minced
- 2 tablespoons tomato paste
- 2 teaspoons fresh ginger, grated
- 2 teaspoons garam masala
- 1 ½ teaspoons chili powder
- 1 ½ teaspoons ground turmeric
- 1 cup chicken broth
- 15 ounces canned crushed tomatoes
- ⅔ cup sour cream or heavy cream
- Fresh cilantro, chopped
- Salt and pepper
- Oil

Directions:

1. Pat the chicken dry and season with salt and pepper. Cut into 1-inch pieces. In a large skillet over medium-high heat, warm 1 tablespoon oil. Add the chicken and onion and cook until golden brown, about 5 minutes.
2. Add the garlic, tomato paste, ginger, and all the spices. Cook for 1 minute, mixing continuously to coat the chicken. Add the broth and crushed tomatoes. Simmer for 10 to 12 minutes until thick. Add the sour cream, mix, and cook for 1 minute.
3. Squeeze the pouch of riced cauliflower to separate the grains. Microwave on high for 90 seconds and transfer to serving bowls. Top with chicken tikka masala and cilantro.