Tandoori Chicken and Coconut Rice

Total Cook Time: 1 hour 30 minutes
Contains raw meat, cook thoroughly
Cook from Frozen
Meals are 3-4 servings
*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 11/4 cup (2 1/2 cup)* chicken broth
- 2 TBSP (4 TBSP)* Greek yogurt
- Optional toppings and garnishes: Naan, Raita, mint, cilantro

Instant Pot Cooking Directions:

1. Locate bag of peas and set aside to thaw.
2. Open meal and rice bag. Add rice to pressure cooker pot. Add 1 1/4 cup (2 1/2 cup)* chicken broth. Make sure most of the rice is submerged in liquid. Pop remaining contents of bag into the pot.
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 32 minutes.
4. When pressure cooking is complete, use a natural release.
5. Move meat to a cutting board and shred. Return meat to rice.
6. Add the side of peas and 2 TBSP (4 TBSP)* plain Greek yogurt. Stir well.
7. Serve hot with desired toppings and garnishes.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees and the rice is cooked. Continue with steps 5-7.

Leftover Suggestions:

- Lettuce wraps

Notes:

- This meal may appear to have too much liquid when you first open the pot. Don't worry—simply shred the chicken and return it to the pot. Stir well, cover, and let it sit for 5 minutes to absorb the excess liquid.

Nutrition Facts

4 servings per container
Serving size
1 cup (219g)

Calories per serving **240**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3.5g	**4%**	**Total Carbohydrate** 24g	**9%**
Saturated Fat 1.5g	**8%**	Dietary Fiber 3g	**11%**
Trans Fat 0g		Total Sugars 2g	
Cholesterol 75mg	**25%**	Includes 0g Added Sugars	**0%**
Sodium 530mg	**23%**	**Protein** 27g	

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.8mg 10% • Potassium 150mg 4%
Vitamin A 240mcg 25% • Vitamin C 8mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN, COCONUT MILK, PEAS, BROWN RICE, LEMON JUICE, SPICE, SALT, TURMERIC, GARLIC, PAPRIKA

