

RECIPE: Chicken Tikka Masala

Slow cooker directions

Step 1: Thaw freezer bag in fridge 12-24 hours before cooking.

Step 2: Add the freezer bag contents to a slow cooker plus 1/2 cup of water.

Step 3: Cook on low for 3-4 hours

Step 4: Stir and serve over cauliflower rice. Top with fresh chopped basil or parsley.

Instant pot directions

Step 1: Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water.

Step 2: Set to High Pressure for 20 minutes, then allow a 10-minute natural release followed by a quick release.

Step 3: Stir and serve over cauliflower rice. Top with fresh chopped basil or parsley.

Expiration date: _____



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