

RECIPE:

Tandoori Chicken

Slow cooker directions

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

Step 2: Add freezer bag contents to a slow cooker.

Step 3: Cook on low 4-6 hours.

Step 4: Shred chicken and stir into slow cooker, until chicken is fully covered with tandoori sauce.

Step 5: Serve over basmati rice and serve with a lime wedge. **Optional:** top with pickled veggies.

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: Shred chicken and stir into instant pot, until chicken is fully covered with tandoori sauce.

Step 4: Serve over basmati rice and serve with a lime wedge. **Optional:** top with pickled veggies.

Expiration date: _____



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