

Chicken Tikka Masala & Rice w/ naan



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35796
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Naan Bread, 1 oz	10 Piece	Keep refrigerated or frozen prior to using.	492887
Chicken Tikka Masala Entree	1 Pound 14 Ounce (30 Ounce)	This entree comes in one large 43# bag. A bag yields 230 3oz servings.	492877
RICE PARBL STRONGBOX	1 1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987

Preparation Instructions

1. Measure out 1# 14oz of Chicken Tikka Masala and heat according to package direction.

2. While this heats, cook rice. Note that 1/4 cup dry rice yield 1 cup cooked rice.

Cook rice by stove top or oven instructions below.

STOVE TOP: USING A 2:1 WATER TO RICE RATIO, BRING WATER TO A BOIL, ADD BUTTER/OIL/SALT OPTIONALLY, ADD RICE. COVER; REDUCE HEAT TO LOW AND SIMMER ABOUT 20-25 MINUTES OR UNTIL

ALL WATER IS ABSORBED.

OVEN: USING A 2:1 WATER TO RICE RATIO, ADD BOILING WATER TO BAKING PAN WITH RICE AND OPTIONALLY, BUTTER/OIL/SALT. COVER TIGHTLY AND BAKE AT 350 DEGREES FOR 25-30 MINUTES, OR UNTIL ALL WATER IS ABSORBED.

3. While rice cooks, lay out naan on a sheet pan. Cook according to package direction.

4. To serve, dish 4 oz cooked rice into a serving dish. Top with 3 oz chicken tikka masala. Place 1 naan along the side of the dish.

Meal Components (SLE)

Amount Per Serving

Meat	2.076
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	269.19
Fat	5.15g
SaturatedFat	1.56g
Trans Fat	0.00g
Cholesterol	57.09mg
Sodium	484.08mg
Carbohydrates	33.61g
Fiber	2.00g
Sugar	3.08g
Protein	19.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.88mg	Iron 3.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available