

3 EASY STEPS

COOK CURRY WITH CONFIDENCE



SUKHI'S
INDIAN CURRY
SAUCE



MEAT
OR
VEGGIES



CREAM,
YOGURT OR
COCONUT MILK



"You will love the compliments you'll receive for serving extraordinary Indian curries that you made at home."

With love, *Sukhi Singh*

CHICKEN TIKKA MASALA

RECIPE INGREDIENTS:

- ◆ 1 PACKET SUKHI'S TIKKA MASALA SAUCE
- ◆ 1 LB. CHICKEN THIGH, DICED IN 1 INCH CUBES
- ◆ ½ CUP WATER
- ◆ ¼ CUP WHIPPING CREAM

DIRECTIONS:

1. HEAT SAUCEPAN TO MEDIUM, ADD CHICKEN AND SUKHI'S TIKKA MASALA SAUCE, THEN SAUTÉ
2. ADD WATER, COVER AND SIMMER ON MEDIUM HIGH-HEAT
3. WHEN CHICKEN IS COOKED, ADD CREAM AND REDUCE TO DESIRED CONSISTENCY
4. SERVE WITH BASMATI RICE AND PAIR WITH SUKHI'S MANGO CHUTNEY

MULTI-PRESSURE COOKER (5-6 QT):

1. SELECT SAUTÉ MODE, ADD SAUCE AND COOK CHICKEN FOR 1-2 MINUTES
2. ADD WATER AND CREAM, MIX WELL
3. PRESSURE COOK ON HIGH FOR 5 MINUTES
4. QUICK RELEASE AND RETURN TO SAUTÉ MODE, REDUCE SAUCE TO DESIRED CONSISTENCY

Nutrition Facts

Servings Per Container: 14
Serving Size 1 Tsp (6g)

Amount Per Serving

Calories **15**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 2g 1%

Dietary Fiber 0.5g 2%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 0g

Vit. D 0mcg 0% • Calcium 6.4mg 0%

Iron 0.25mg 0% • Potas. 40mg 0%

*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: TOMATO PASTE, EXPELLER PRESSED CANOLA OIL, GRANULATED ONION, GLYCERIN, CANE SUGAR, WATER, SPICES, SALT, VINEGAR, CURRY PASTE (LEMONGRASS, SPICES, GARLIC, SHALLOT, SALT, KAFFIR LIME PEEL, TURMERIC), CARAMELIZED ONIONS (ONIONS, EXPELLER PRESSED CANOLA OIL), GINGER, GARLIC POWDER, RICE FLOUR, TAPIOCA STARCH, CITRIC ACID (FOR FLAVOR), JALAPEÑO, OLEORESIN PAPRIKA, GLUCONOLACTONE, LEMON JUICE CONCENTRATE, OLEORESIN CARDAMOM.

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in an oven-safe dish, whisk together:

- one packet or 1/3 C of the bulk sauce
(<https://www.amazon.com/dp/B00F9YTDO6>)
- 1/3 C of water

add and coat in sauce to marinate (1 – 2 hrs):

- 1 lb. boneless, skinless chicken thighs

separately, slice and broil:

- 1 – 2 sweet red (or orange or yellow) peppers

when ready to cook, heat the oven to 350° F and add:

- 1/4 – 1/2 lb. frozen peas
- 1/4 – 1/2 lb. cut carrots

cook for 30 – 45 minutes

(until the chicken reaches an internal temp. of > 165° F)

remove the dish from the heat

cut or break the chicken into bite-sized pieces

mix in

- 8 oz. sour cream

serve with naan and basmati rice