

# Hungry Planet® Chicken Kofta Tikka Masala

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	RDS		25	9.79 oz

	Name of ingredient	Capacity measure	EP	Methods
<b>1</b>				
<b>2</b>	Onions, yellow	~ 3 1/4 tbsp	0 lb 1.34 oz	Saute the onions and garlic in the first amount of canola oil until golden. Chill completely.
	<i>minced</i>			
	Garlic, raw	~ 2 3/4 tsp	0 lb 0.28 oz	
	<i>1/4 tbsp minced</i>			
	Oil, canola	~ 1 1/2 cup	0 lb 12.03 oz	
<b>3</b>	Hungry Planet Chicken™		6 lb 4.00 oz	Combine the chilled sauteed onion/garlic mixture with Hungry Planet Chicken™ and cayenne pepper, garam masala, soy yogurt, cilantro, and kosher salt. Mix well. Allow to marinate under refrigeration for at least 1 hour. After 1 hour roll Hungry Planet Chicken™ mixture into 1 ounce balls.
	Spices, pepper, red or cayenne	~ 1 tsp	0 lb 0.06 oz	
	Garam masala	~ 1 tbsp	0 lb 0.23 oz	
	SILK Plain soy yogurt	~ 1 1/2 cup	0 lb 13.75 oz	
	<i>Or plain yogurt if not vegan</i>			
	Cilantro	~ 1 1/2 tbsp	0 lb 0.06 oz	
	<i>chopped</i>			
	Salt, kosher, Diamond Crystal	~ 1 1/2 tbsp	0 lb 0.46 oz	

Name of ingredient	Capacity measure	EP	Methods
4 Oil, canola 1/3 cup	~ 1 cup	0 lb 7.94 oz	Heat remaining amount of canola oil and fry Hungry Planet Chicken™ kofta (meatballs) until golden on all sides. Add to the tikka masala and simmer for 15-20 minutes.
<u>Tikka Masala</u>		6 lb 12.71 oz	

#### 4.1.1 SUB-RECIPE: TIKKA MASALA

Name of ingredient	Capacity measure	EP	Methods
Spices, cinnamon, stick	1.6 ea	0 lb 0.16 oz	Heat cinnamon stick in canola oil until it starts to uncurl.
Oil, canola	1 cup	0 lb 6.02 oz	



Name of ingredient	Capacity measure	EP	Methods
4.1.2 Ginger root, raw	1 1/2 tbsp	0 lb 0.33 oz	Add ginger, onions and garlic to cinnamon and saute until golden.
Onion, diced	1 pt	0 lb 9.18 oz	
Garlic, raw, chopped	1 5/8 tsp	0 lb 0.17 oz	

Name of ingredient	Capacity measure	EP	Methods
4.1.3 Spices, coriander seed	3 1/3 tbsp	0 lb 0.60 oz	Add coriander and cayenne and saute for 1 minute.
Spices, pepper, red or cayenne	1 1/2 tsp	0 lb 0.10 oz	

Name of ingredient	Capacity measure	EP	Methods
4.1.4 Tomatoes, crushed, canned	2 1/4 qt	4 lb 11.00 oz	Add crushed tomatoes and simmer for 20-30 minutes. Remove cinnamon stick and puree with stick blender.

Name of ingredient	Capacity measure	EP	Methods
4.1.5 Coconut milk	1 pt	1 lb 1.02 oz	Add coconut milk and return to a simmer. Season with salt.
Salt, kosher, Diamond Crystal	1 1/2 tsp	0 lb 0.15 oz	

**ALLERGENS**

 GLUTEN,  SOYA

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 4.85 oz	0 %	15 lb 4.85 oz	0 %	15 lb 4.85 oz
Size of portion	9.79 oz		9.79 oz		9.79 oz

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Vitamins	
<b>Fat</b>	12.49 g	67.59 %	163.46 kcal	Salt	0.39 g		
Saturated	0.81 g	4.40 %	683.91 kJ	Sodium	355.03 mg	Vitamin A	4.78 µg
Monounsaturated	6.76 g	36.59 %	0.68 MJ	Phosphorus	12.57 mg	Vitamin D	0.07 µg
Polyunsaturated	3.03 g	16.40 %		Potassium	224.35 mg	Thiamine	0.03 mg
Trans	0.04 g	0.23 %		Iron	1.23 mg	Riboflavin	0.02 mg
Cholesterol	0.00 mg			Calcium	41.48 mg	Niacin	0.39 mg
Linolenic acid	2.06 g			Zinc	0.11 mg	Vitamin B6	0.06 mg
Alpha-linolenic acid	969.77 mg			Magnesium	7.57 mg	Vitamin B12	0.00 µg
<b>Carbohydrate</b>	6.29 g	15.64 %		Iodine	0.00 µg	Folic acid	0.00 µg
Sugars	1.84 g	4.57 %		Selenium	0.30 µg	Vitamin C	4.05 mg
Sugar	0.00 g			Copper	0.06 mg	Vitamin E	2.26 mg
Lactose	0.00 g					Vitamin K	9.33 µg
<b>Fibre</b>	2.03 g	2.37 %					
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	36.24 g
Starch	0.00 g	0.00 %					
<b>Protein</b>	7.69 g	19.12 %					
<b>Alcohol</b>	0.00 g	0.00 %					