

# NAAN WITH CHICKEN TIKKA MASALA

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2 persons / 595 kcal per person

## Ingredients:

- 1 tablespoon oil
- 150 grams chicken thigh fillet
- 212½ grams of tikka masala sauce in a jar
- 150 grams spinach (washed)
- 1 cucumber
- 50 ml natural vinegar
- 150 ml tap water
- 220 grams naan coriander/garlic
- pepper and salt

## Preparation:

Heat the oil in a frying pan and brown the chicken on all sides for 3 minutes. Pour in the tikka masala and let it simmer on low heat for 12 minutes. Add the spinach for the last 2 minutes. Meanwhile, slice the unpeeled cucumbers lengthwise into long strips. Place in a bowl and mix with the vinegar and water. Season with salt and pepper. Turn regularly. Meanwhile, prepare the naan according to package directions. Top the naan with the chicken-spinach mixture, or cut open and fill it. Serve with the cucumber salad.



## Nutritional value per person:

Energy:	595 kcal
Protein:	42.3 grams
Carbohydrates:	64.4 grams
- including sugars:	10.1 grams
Fat:	22.7 grams
Fiber:	5.7 grams
Salt:	1.9 grams