



Butter Chicken Curry

with Basmati Rice and Garlic Flatbreads

Spicy

25 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Breasts
2 | 4

Double



Chicken Thighs
560 g | 1120 g



Chicken Thighs
280 g | 560 g



Indian Spice Mix
1 tbsp | 2 tbsp



Tikka Sauce
½ cup | 1 cup



Yellow Onion
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Tomato
2 | 4



Basmati Rice
¾ cup | 1 ½ cups



Flatbread
2 | 4



Cream
56 ml | 113 ml



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, salt, oil, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, silicone brush

1



Cook rice and prep

- Before starting, preheat the oven to 450°F.
 - Add 1 ¼ cups (2 ½ cups) water and ½ tsp (¼ tsp) salt to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Add **rice** to the **boiling water**, then reduce heat to low.
 - Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
 - Remove the pot from heat. Set aside, still covered.
 - Meanwhile, cut **tomatoes** into ¼-inch pieces.
 - Peel, then cut **onion** into ¼-inch pieces.

4



Bake garlic flatbreads

- Meanwhile, add **flatbreads** to an unlined baking sheet.
- Brush with **1 tbsp** (2 tbsp) **oil** and **remaining garlic puree**. Season with **salt**.
- Bake in the **middle** of the oven until golden-brown, 2-4 min. (**TIP:** Keep your eye on flatbreads so they don't burn!)

2



Start chicken

🔄 Swap | **Chicken Breasts**

✖2 Double | **Chicken Thighs**

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, on a separate cutting board, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 4.)

5



Finish and serve

- When **curry** is done, remove the pan from heat.
- Add **3 tbsp** (6 tbsp) **butter**. Stir until melted, 1 min.
- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **curry**. Tear **garlic flatbreads** and serve alongside.

3



Cook curry

- Add **tomatoes**, **onions**, **Indian Spice Mix** and **half the garlic puree** to the pan with **chicken**. Cook, stirring often, until **veggies** soften slightly, 2-3 min.
- Add **tikka sauce**, **cream** and ½ cup (¾ cup) **water**. Season with **salt** and **pepper**, then stir to combine.
- Bring to a simmer. Once simmering, reduce heat to medium.
- Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 8-10 min. **

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Start chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prep and cook them in the same way the recipe instructs you to cook the **chicken thighs**.

2 | Start chicken

✖2 Double | **Chicken Thighs**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.