

Customized Protein Add

# HELLO Korma-Style Chicken Curry with Pice and Garlie Flathroads

with Rice and Garlic Flatbreads

2 Double

Spicy

(C) Swap

30 Minutes





Breasts 1



Chicken Thighs • 280 g | 560 g



Tikka Sauce ½ cup | 1 cup





chopped 28 g | 56 g





Flatbread







Yellow Onion 1 | 2



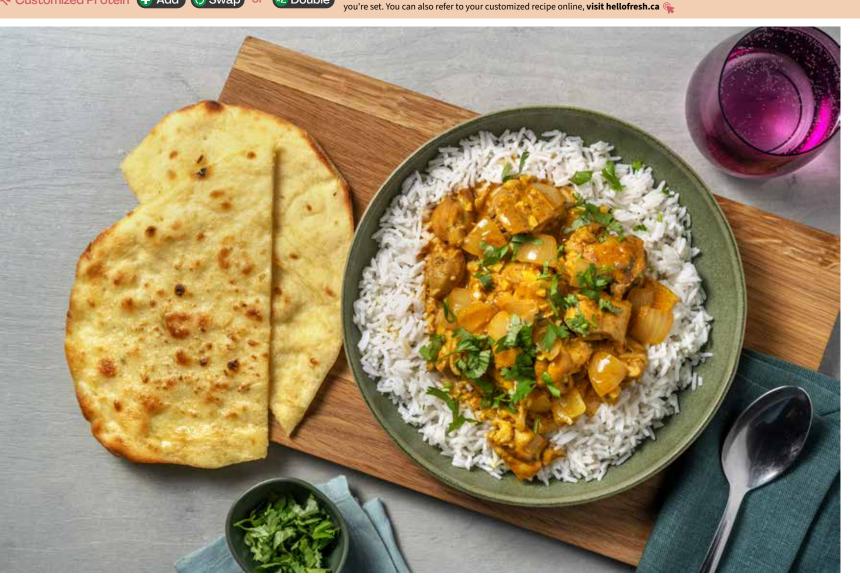
56 ml | 113 ml



Garlic, cloves 3 | 6



Cilantro 7g | 7g



If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and

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



### Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add 1 ¼ cups (2 ½ cups) water and ¼ tsp (½ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse rice until water runs clear.
- Once boiling, add **rice**, 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.



## Sear chicken

Swap | Chicken Breasts

#### 🚫 Swap | Tofu

- · Meanwhile, pat chicken dry with paper
- Cut into ½-inch pieces, then season with salt and **pepper**.
- Heat a large non-stick pan over medium-high
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then chicken.
- Cook, stirring occasionally, until golden, 4-6 min. Transfer to a plate.



## Prep and start curry

- Roughly chop cilantro.
- · Finely chop cashews.
- Peel, then mince or grate garlic.
- Peel, then cut **onion** into ¼-inch pieces.
- Reheat the same pan over medium.
- When the pan is hot, add 1 tbsp (2 tbsp) butter, then onions, cashews, curry paste and half the garlic.
- Season with salt and pepper. Cook, stirring often, until onions soften slightly, 3-4 min.



# 2 | Sear tofu

chicken thighs.

Measurements

2 | Sear 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 prep and cook the

within steps

## O Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke tofu all over, then cut into ½-inch pieces. Season tofu the same way the recipe instructs you to season the chicken. Cook for 6-7 min, turning occasionally, until crispy and browned all over. Follow the rest of the recipe as written.

(2 tbsp)

Ingredient

1 tbsp

If you ordered 6 servings, triple the amounts in

the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.



## Finish curry

- Stir in tikka sauce, 2 tbsp (4 tbsp) butter and ½ cup (1 cup) water.
- Add chicken back to the pan. Stir to combine.
- Cover and cook, stirring occasionally, until sauce thickens slightly and chicken is cooked through, 8-10 min.\*\*



# Make garlic flatbreads

- Meanwhile, add remaining garlic and 1 tbsp (2 tbsp) oil to a small bowl. Season with salt and **pepper**, then stir to combine.
- Brush garlic oil over flatbreads, then transfer to an unlined baking sheet.
- Bake flatbreads in the middle of the oven, flipping halfway through, until slightly toasted, 4-5 min.



## Finish and serve

- Remove curry from heat, then stir in cream.
- Fluff **rice** with a fork. Divide between plates, then spoon curry over top.
- Sprinkle with cilantro.
- Serve garlic flatbreads alongside.



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