



Sheet Pan Chicken Tikka

with Buttery Flatbreads

Spicy

25 Minutes

Swap Swap *2 Double



Chicken Thighs ⁺
280 g | 560 g

Tofu
1 | 2

Chicken Breasts ⁺
4 | 8

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)



Chicken Breasts ⁺
2 | 4



Flatbread
2 | 4



Basmati Rice
¾ cup | 1 ½ cups



Carrot
1 | 2



Yellow Onion
1 | 2



Cilantro
7 g | 7 g



Tikka Sauce
½ cup | 1 cup



Greek Yogurt
1 | 2



Curry Paste [✓]
2 tbsp | 4 tbsp



Garlic Salt
1 tsp | 2 tsp

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, oil, sugar, pepper, salt

Cooking utensils | 2 baking sheets, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, parchment paper, 2 small bowls, small pot, strainer, vegetable peeler

1



Prep and make herby yogurt

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, then cut **onion** into ¾-inch pieces. Separate **onion** layers.
- Roughly chop **cilantro**.
- Add **yogurt, half the cilantro, 2 tbsp** (¼ cup) **water** and ¼ **tsp** (½ tsp) **sugar** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

4



Cook rice

- Meanwhile, add **1 cup** (2 cups) **water** and ¼ **tsp** (¼ 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. 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 from heat. Set aside, still covered.

2



Prep and marinate chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Tofu**

*2 Double | **Chicken Breasts**

- Meanwhile, pat **chicken** dry with paper towels. Cut into 1-inch pieces on a separate cutting board.
- Add **chicken, curry paste** and **half the garlic salt** to a medium bowl. Season with **pepper**, then toss to coat.

5



Warm flatbreads and tikka sauce

- When **chicken, veggies** and **rice** are almost done, melt **1 tbsp** (2 tbsp) **butter** in a small microwavable bowl, or in a small pot over low heat. Add **remaining cilantro**. Season with **salt** and **pepper**, then stir to combine.
- Arrange **flatbreads** on an unlined baking sheet. Spread **cilantro butter** over tops of **flatbreads**. Toast in the **middle** of the oven until warmed through, 3-4 min.
- Meanwhile, add **tikka sauce, 2 tbsp** (¼ cup) **water** and **1 tbsp** (2 tbsp) **butter** to a small pot. Cook over medium heat, stirring often, until warmed through, 2-4 min.

3



Roast chicken and veggies

🔄 Swap | **Tofu**

- Add **carrots, onions** and ½ **tbsp** (1 **tbsp**) **oil** to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Add **chicken** to the other side of the baking sheet. Arrange in a single layer.
- Roast in the **top** of the oven until **veggies** are tender and **chicken** is cooked through, 15-18 min.**

6



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **chicken** and **veggies**.
- Drizzle **tikka sauce** and dollop **cilantro yogurt** over top.
- Sprinkle **remaining cilantro** over top.
- Tear **flatbreads** and serve alongside.

Measurements
within steps

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

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.

2 | Prep and marinate chicken

🔄 Swap | **Chicken Thighs**

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

2 | Prep and marinate tofu

🔄 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 1-inch pieces. Marinate **tofu** the same way the recipe instructs you to marinate **chicken**.

2 | Prep and marinate chicken

*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, prep and cook it in the same way the recipe instructs you to prep and cook the **regular portion of chicken**.

3 | Roast tofu and veggies

🔄 Swap | **Tofu**

Roast **tofu** in the same way the recipe instructs you to roast **chicken**, until golden.

* 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.