



Butter Chicken Curry

with Basmati Rice and Garlic Flatbreads

Spicy

25 Minutes

Customized Protein

+ Add

Swap

or

x2 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

Swap



Tofu
1 | 2



Chicken Thighs*
280 g | 560 g



Indian Spice Mix
1 tbsp | 2 tbsp



Tikka Sauce
1/2 cup | 1 cup



Yellow Onion
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Tomato
2 | 4



Basmati Rice
3/4 cup | 1 1/2 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 | 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 ⅛ tsp (¼ tsp) salt to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- To the **boiling water**, add **rice**, then reduce heat to low.
 - Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed.
 - 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, to an unlined baking sheet, add **flatbreads**.
- Brush with **1 tbsp** (2 tbsp) **oil** and **remaining garlic puree**. Season with **salt**.
- Bake in the **middle** of the oven for 2-4 min, until golden. (**TIP:** Keep your eye on them so they don't burn!)

2



Start chicken

Swap | **Chicken Breasts**

Swap | **Tofu**

- Heat a large non-stick pan over medium-high.
- 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 for 2-3 min, tossing occasionally, until golden. (**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 for 1 min, until melted.
- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **curry**.
- Tear **garlic flatbreads** in half and serve alongside.

3



Cook curry

- To the pan with **chicken**, add **tomatoes**, **onions**, **Indian Spice Mix** and **half the garlic puree**. Cook for 2-3 min, stirring often, until **veggies** soften slightly.
- 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 for 8-10 min, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through.**

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

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 | Start chicken

Swap | **Chicken Breasts**

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

2 | Cook 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. Season **tofu** the same way the recipe instructs you to season **chicken**. Cook for 6-7 min, turning occasionally, until crispy and browned all over.

* 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 165°F.