

# HELLO Chicken Tikka Masala with Carrets and Garlia Pica

with Carrots and Garlic Rice

Spicy

30 Minutes



Chicken









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 🦫







2 | 4



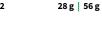


Carrot



**Baby Spinach** 

1 | 2





Garlic, cloves



1 2

½ cup | 1 cup



Curry Paste 2 tbsp | 4 tbsp



1 tsp | 2 tsp



Cream 56 ml | 113 ml

Allengens 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. Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, vegetable peeler



# Make garlic rice

- · Before starting, wash and dry all produce.
- Peel, then mince or grate garlic.
- Heat a medium pot over medium heat.
- When the pot is hot, add ½ tbsp (1 tbsp) oil, then rice and garlic. Cook, stirring often, until fragrant, 2-3 min.
- Add 1 ¼ cups (2 ½ cups) water and half the garlic salt. Bring to a boil over high.
- Once boiling, 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.



## Prep

- Meanwhile, peel, then halve carrot lengthwise. Cut into ¼-inch half-moons.
- Roughly chop spinach.



### Cook carrots

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ cup (¾ cup) water, then carrots. Cook, stirring often, until water is absorbed and carrots are tender-crisp, 5-6 min.
- Season with **salt** and **pepper**, to taste, then transfer to a plate.



#### Start chicken

#### O Swap | Chicken Thighs

- Pat chicken dry with paper towels.
- Cut into 1-inch pieces. Season with remaining garlic salt and pepper.
- · Reheat the same pan over medium.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**.
- Cook until golden-brown, 2-3 min per side.
  (NOTE: Chicken will finish cooking in the next step.)



# Make sauce and finish chicken

- Add curry paste to the pan with chicken.
  Cook, stirring often, until fragrant, 30 sec.
- Reduce heat to medium-low, then add tikka sauce, cream and ¼ cup (½ cup) water.
- Cook, stirring occasionally, until sauce thickens slightly and chicken is cooked through, 5-7 min.\*\*
- Add carrots and spinach. Season with salt and pepper, then stir until spinach wilts, 1-2 min.



#### Finish and serve

- Fluff garlic rice with a fork.
- Divide rice between plates. Top with chicken tikka masala.

# Measurements within steps

**1 tbsp** (2 tbsp)

p) oil

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.

#### 4 | Start chicken

# O Swap | Chicken Thighs

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

- \* 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.