

Family Friendly 25–35 Minutes

ℵ Customized Protein + Add O Swap 2 Double or

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 🌊





Chicken Breasts 4 2 4



Tofu

1 2

**Chicken Thighs** 280 g | 560 g





Cream Cheese 2 | 4

**Baby Spinach** 56 g | 113 g





Yellow Onion



Garlic Salt 1 tsp | 2 tsp



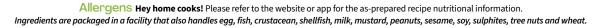
1 1



Chicken Broth Concentrate 1 2



**56 g 113 g** 2-serving 4-serving Ingredient quantities



#### Pantry items | Sugar, butter, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer



# Cook rice

- Before starting, wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- In a medium pot, combine rice, broth concentrate, 1 ¼ cups (2 ½ cups) water and ¼ tsp (½ tsp) garlic salt.
- Cover and bring to a boil over high.
- Once boiling, 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.



### Make sauce

- Reheat the pan (from step 2) with **reserved fat** over medium-high.
- Add onions and tomatoes. Cook for 2-3 min, stirring occasionally, until veggies soften slightly. Season with salt and pepper.
- Add tikka sauce, cream cheese, ½ tsp (1 tsp) sugar and ¼ cup (½ cup) water.
- Cook for 1-2 min, stirring often, until cream cheese melts and sauce comes to a simmer.



# Start chicken

#### 🜔 Swap | Chicken Breasts

## 🚫 Swap | Tofu

- Meanwhile, heat a large non-stick pan over medium-high.
- While the pan heats, pat **chicken** dry with paper towels.
- Cut chicken into 1-inch pieces. Season with pepper and remaining garlic salt.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted.
- Add chicken. Sear for 2-3 min per side, until golden.
- Transfer to a plate, reserving **fat** in the pan.
   (NOTE: Chicken will finish cooking in step 5.)



# Finish chicken

- Once sauce is simmering, return chicken to the pan.
- Cook for 3-4 min, stirring occasionally, until chicken is cooked through.\*\*
- Add **spinach** and **1 tbsp** (2 tbsp) **butter**.
- Season with salt and pepper, then stir for 1 min, until butter melts and spinach wilts.



# Prep

- Meanwhile, on a clean cutting board, peel, then cut half the onion (whole onion for 4 servings) into ½-inch pieces.
- Cut tomato into ½-inch pieces.
- Roughly chop cilantro.



### Finish and serve

- Add **half the cilantro** to the pot with **rice**. Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **chicken and spinach curry**.
- Sprinkle **remaining cilantro** over top.

#### Measurements within steps 1 tbsp (2 tbsp) oil 2-serving 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 | Start 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. Follow the rest of the recipe as written.

• 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.