



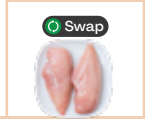
Butter Chicken Curry

with Basmati Rice and Garlic Flatbreads

35 Minutes

[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



Chicken Thighs
280 g | 560 g



Indian Spice Mix
1 tbsp | 2 tbsp



Tikka Sauce
½ cup | 1 cup



Yellow Onion
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Tomato
2 | 4



Basmati Rice
¾ cup | 1 ½ 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 | Unsalted butter, oil, salt, pepper

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

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat.
- 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.

2



Prep

- While **rice** cooks, peel, then cut **onion** into ¼-inch pieces.
- Cut **tomatoes** into ¼-inch pieces.

3



Sear chicken

- Swap | **Chicken Breasts**
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 4.)

4



Cook curry

- Add **tomatoes, onions, half the garlic puree** and **Indian Spice Mix** to the pan with **chicken**. Cook, stirring often, until **veggies** soften slightly, 2-3 min.
- 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, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 9-12 min.**

5



Bake garlic flatbreads

- While **curry** cooks, add **flatbreads** to an unlined baking sheet.
- Brush with **1 tbsp** (2 tbsp) **oil** and **remaining garlic puree**. Season with **salt**.
- Bake in the **middle** of the oven until golden-brown, 2-4 min. (**TIP:** Keep your eye on flatbreads so they don't burn!)

6



Finish and serve

- When **curry** is done, remove the pan from heat.
- Add **3 tbsp** (6 tbsp) **butter**. Stir until melted, 1 min.
- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **curry**. Tear **garlic flatbreads** and serve alongside.

Measurements
within steps

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

3 | Sear chicken

Swap | **Chicken Breasts**

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

* 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.



Issue with your meal? Scan the QR code to share your feedback.