



Chicken and Spinach Tikka with Garlic-Cilantro Rice

Family Friendly 25-35 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](http://www.hellofresh.ca)



↻ Swap	↻ Swap
Chicken Breasts* 2 4	Tofu 1 2

Chicken Thighs* 280 g 560 g	Tikka Sauce ½ cup 1 cup

Cream Cheese 1 2	Baby Spinach 56 g 113 g

Tomato 1 2	Yellow Onion ½ 1

Garlic Salt 1 tsp 2 tsp	Basmati Rice ¾ cup 1 ½ cup

Chicken Broth Concentrate 1 2	Cilantro 7 g 7 g

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Salt, pepper, unsalted butter, sugar

Cooking utensils | Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

1



Cook rice

• Before starting, wash and dry all produce.

- Combine **rice**, **broth concentrate**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **garlic salt** in a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, 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



Start chicken

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Tofu**

- Meanwhile, heat a large non-stick pan over medium-high heat.
- 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 until golden-brown, 2-3 min per side.
- Transfer to a plate, reserving **fat** in the pan. (NOTE: Chicken will finish cooking in step 5.)

3



Prep

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

4



Make sauce

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

5



Finish chicken

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

6



Finish and serve

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

Measurements
within steps

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

2 | Start chicken

🔄 Swap | **Chicken Breasts**

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

2 | Start tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **chicken**.

* 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.



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