

Chicken and Spinach Tikka

with Garlic-Cilantro Rice

Family Friendly

25-35 Minutes





Chicken Thighs





Tikka Sauce







Roma Tomato

Garlic Salt

Cream Cheese

Baby Spinach







Basmati Rice





Concentrate



Cilantro

HELLO TIKKA SAUCE

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

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	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Chicken Breasts	2	4
Tikka Sauce	½ cup	1 cup
Cream Cheese	43 g	86 g
Baby Spinach	56 g	113 g
Roma Tomato	80 g	160 g
Yellow Onion	56 g	113 g
Garlic Salt	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
Chicken Broth Concentrate	1	2
Cilantro	7 g	7 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

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Cook rice

- Combine rice, broth concentrate, 1 ¼ cups water and ¼ tsp garlic salt (dbl both for 4 ppl) 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.



Start chicken

- 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 butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **chicken**. Sear until golden-brown, 2-3 min per side.
- Transfer **chicken** to a plate, reserving **fat** in the pan. (NOTE: Chicken will finish cooking in step 5.)

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



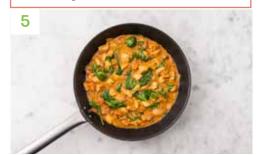
Prep

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



Make sauce

- Return the pan (from step 2) with **reserved fat** to 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 sugar and ¼ cup water (dbl both for 4 ppl). Cook, stirring often, until cream cheese melts and sauce comes to a simmer.



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 butter (dbl for 4 ppl). Season with salt and pepper, to taste, then stir until butter melts and spinach wilts, 1 min.



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.

Dinner Solved!