



Chicken and Spinach Tikka

with Garlic-Cilantro Rice

Family Friendly

25-35 Minutes



- Chicken Thighs
- Chicken Breasts
- Tikka Sauce
- Cream Cheese
- Baby Spinach
- Roma Tomato
- Yellow Onion
- Garlic Salt
- Basmati Rice
- Chicken Broth Concentrate
- Cilantro

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

— HELLO TIKKA SAUCE —
This South Asian-style sauce is the perfect curry base!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	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.

Contact

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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.



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.



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**.



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.



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**.



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!