

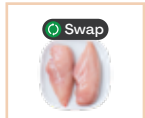


Chicken Tikka Masala

with Carrots and Garlic Rice

Family Friendly

30-40 Minutes



Chicken Breasts
2 | 4

Custom Recipe

+ 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 Tenders
310 g | 620 g



Basmati Rice
¾ cup | 1 ½ cups



Carrot
1 | 2



Baby Spinach
28 g | 56 g



Garlic, cloves
1 | 2



Tikka Sauce
½ cup | 1 cup



Curry Paste
2 tbsp | 4 tbsp



Garlic Salt
1 tsp | 2 tsp



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 | Oil, salt, pepper

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

1



Make garlic rice

• Before starting, wash and dry all produce.

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When the pot is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **rice** and **garlic**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1** $\frac{1}{4}$ **cups** (2 $\frac{1}{2}$ **cups**) **water** and **half the garlic salt**. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into $\frac{1}{4}$ -inch half-moons.
- Roughly chop **spinach**.

3



Cook carrots

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add $\frac{1}{2}$ **cup** ($\frac{3}{4}$ **cup**) **water**, then **carrots**. Cook, stirring often, until **water** is absorbed and **carrots** are tender-crisp, 5-6 min.
- Season with **salt** and **pepper**, to taste, then transfer to a plate.

4



Start chicken

🔄 Swap | **Chicken Breasts**

- Pat **chicken** dry with paper towels.
- Cut into 1-inch pieces. Season with **remaining garlic salt** and **pepper**.
- Reheat the same pan over medium.
- When the pan is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **chicken**.
- Cook until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in the next step.)

5



Make sauce and finish chicken

- Add **curry paste** to the pan with **chicken**. Cook, stirring often, until fragrant, 30 sec.
- Reduce heat to medium-low, then add **tikka sauce**, **cream** and $\frac{1}{4}$ **cup** ($\frac{1}{2}$ **cup**) **water**. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 5-7 min.**
- Add **carrots** and **spinach**. Season with **salt** and **pepper**, then stir until **spinach** wilts, 1-2 min.

6



Finish and serve

- Fluff **garlic rice** with a fork.
- Divide **rice** between plates. Top with **chicken**, **veggies** and **sauce**.

Measurements
within steps

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

4 | Start chicken breasts

🔄 Swap | **Chicken Breasts**

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

* 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.