



Chicken Tikka Masala

with Carrots and Garlic Rice

35 Minutes



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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!



Chicken Tenders

Chicken thighs



Basmati Rice



Carrot



Baby Spinach



Garlic, cloves



Tikka Sauce



Curry Paste



Garlic Salt



Cream

HELLO TIKKA SAUCE

This South Asian-style sauce is the perfect curry base!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Chicken Thighs*	280 g	560 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
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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1



Make garlic rice

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **rice** and **garlic**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups** (2 ½ 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.

4



Start chicken

- 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 hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Cook until golden-brown, 2-3 min per side. (**NOTE**: Chicken will finish cooking in the next step.)

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

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Roughly chop **spinach**.

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 ¼ **cup** (½ 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.

3



Cook carrots

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **cup** (¾ 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.

6



Finish and serve

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

Dinner Solved!