



Chicken Tikka Masala

with Carrots and Garlic Rice

35 Minutes



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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 Thighs ♦	280 g	560 g
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
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.

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 the pot 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**.
- Heat 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.)

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut **carrot** 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!



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