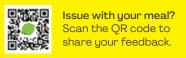
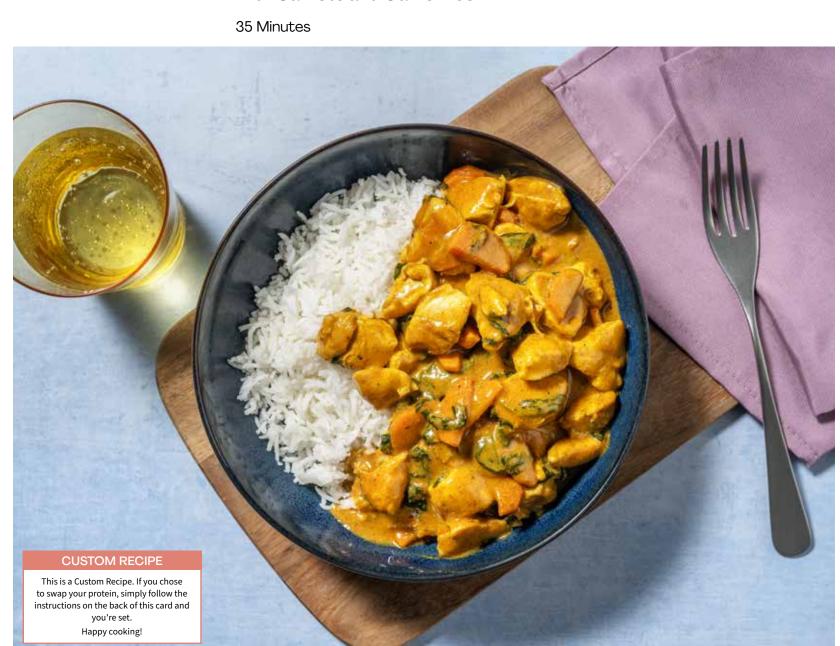


Chicken Tikka Masala

with Carrots and Garlic Rice







Chicken Tenders







Basmati Rice





Garlic, cloves

Curry Paste

Carrot

Baby Spinach



Tikka Sauce





Garlic Salt



Cream

Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps 4 person Ingredient

Bust out

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

Ingredients

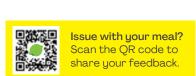
ing. calcine		
	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Chicken Thighs*	280 g	560 g
Basmati Rice	¾ cup	1 ½ cups
Carrot	1	2
Baby Spinach	28 g	56 g
Garlic, cloves	1	2
Tikka Sauce	½ cup	1 cup
Curry Paste	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Cream	56 ml	113 ml
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F,
- 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.





Make garlic rice

- · Peel, then mince or grate garlic.
- Heat a medium pot over medium heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then rice and garlic. Cook, stirring often, until fragrant, 2-3 min.
- Add 1 1/4 cups (2 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.



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into 1/4-inch half-moons.
- Roughly chop **spinach**.



- · Heat a large non-stick pan over mediumhigh 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.



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 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.)

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**.



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.



Finish and serve

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

Dinner Solved!