



# Creamy Chicken Tikka-Style Bowls

with Basmati and Toasted Flatbread

Family Friendly 30 Minutes



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Ground Chicken



Tikka Sauce



Curry Paste



Basmati Rice



Cream



Green Peas



Onion, chopped



Sweet Bell Pepper



Garlic Salt



Flatbread

## HELLO TIKKA SAUCE

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

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

## Bust out

Baking sheet, measuring spoons, silicone brush, medium pot, small bowl, small microwavable bowl, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Tikka Sauce	½ cup	1 cup
Curry Paste	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Cream	56 ml	113 ml
Green Peas	56 g	113 g
Onion, chopped	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Garlic Salt	¾ tsp	¾ tsp
Flatbread	2	4
Unsalted Butter*	2 tbsp	4 tbsp
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.*

1



### Cook rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pot until melted, 30 sec.
- Add **rice** and **half the onions** to the pot. Cook, stirring often, until **onions** soften, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt**, then 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.

4



### Make sauce

- Add **curry paste** to the pan with **chicken** and **veggies**. Cook, stirring often, until well-combined, 30 sec.
- Add **tikka sauce**, **cream** and **½ cup** (1 cup) **water**. Bring to a simmer.
- Once simmering, reduce heat to medium-low. Cook, stirring often, until **sauce** thickens slightly, 3-5 min.
- Season with **salt** and **pepper**, to taste.

2



### Prep and cook chicken

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-6 min. \*\*
- Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.

5



### Warm flatbreads

- Meanwhile, melt **1 tbsp** (2 tbsp) **butter** in a small microwavable bowl or a small pot over low heat.
- Arrange **flatbreads** on an unlined baking sheet. Brush with **melted butter**, then season with **½ tsp** (¼ tsp) **garlic salt**.
- Toast **flatbreads** in the **middle** of the oven until warmed through, 2-4 min. (**TIP:** Keep an eye on flatbreads so they don't burn!)

3



### Cook veggies

- Add **peppers**, **peas** and **remaining onions** to the pan with **chicken**. Cook, stirring often, until tender-crisp, 3-5 min.

6



### Finish and serve

- Fluff **rice** with a fork.
- Cut **flatbreads** into quarters.
- Divide **rice** between plates. Top with **chicken tikka**.
- Serve **garlic flatbread** alongside.

Dinner Solved!



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