



# Creamy Chicken Tikka-Style Bowls

## with Basmati and Toasted Garlic Flatbreads

Family Friendly 30 Minutes

↗ 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)



Ground Turkey  
250 g | 500 g



Tofu  
1 | 2



Ground Chicken +  
250 g | 500 g



Tikka Sauce  
1/2 cup | 1 cup



Curry Paste  
2 tbsp | 4 tbsp



Basmati Rice  
3/4 cup | 1 1/2 cups



Cream  
56 ml | 113 ml



Green Peas  
56 g | 113 g



Onion, chopped  
56 g | 113 g



Sweet Bell Pepper  
1 | 2



Garlic Salt  
3/8 tsp | 3/4 tsp



Flatbread  
2 | 4

**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** | Unsalted butter, oil, salt, pepper

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

1



### Cook rice

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

- 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**. 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.

2



### Prep and cook chicken

🔄 Swap | **Ground Turkey**

🔄 Swap | **Tofu**

- 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**.

3



### Cook veggies

- Add **peppers, peas** and **remaining onions** to the pan with **chicken**.
- Cook, stirring often, until **veggies** are tender-crisp, 3-5 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** (¾ 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.

5



### Toast 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!)

6



### Finish and serve

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

Measurements  
within steps

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

## 2 | Prep and cook turkey

🔄 Swap | **Ground Turkey**

If you've opted for **turkey**, prep and cook it in the same way the recipe instructs you to prep and cook the **chicken**\*\*

## 2 | Prep and cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, stirring often, until golden-brown all over, 6-7 min. Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.

\*\* Cook chicken and turkey 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.



Issue with your meal? Scan the QR code to share your feedback.