

HELLO Creamy Chicken Tikka-Style Bowls with Resmetiand Toasted Garlie Flathmads

with Basmati and Toasted Garlic Flatbreads

Family Friendly

30 Minutes





×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 降











250 g | 500 g

1/2 cup | 1 cup



Curry Paste



2 tbsp | 4 tbsp

3/4 cup | 1 1/2 cups



56 ml | 113 ml



56 g | 113 g



Onion, chopped



56 g | 113 g

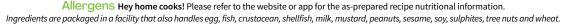




3/8 tsp | 3/4 tsp



2 | 4



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



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 % 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.



Prep and cook chicken

🔘 Swap | Ground Turkey

🗘 Swap | Tofu

5

- Meanwhile, core, then cut pepper into ½-inch pieces.
- Heat a large non-stick pan over medium-high heat.

Toast flatbreads

- 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.

Meanwhile, melt 1 tbsp (2 tbsp) butter in a

Arrange flatbreads on an unlined baking

sheet. Brush with melted butter, then

season with 1/8 tsp (1/4 tsp) garlic salt.

eye on flatbreads so they don't burn!)

Toast flatbreads in the middle of the oven

until warmed through, 2-4 min. (TIP: Keep an

small microwavable bowl or a small pot over



Cook veggies

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



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.



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
 cup (¾ cup) water. Bring to a simmer.
- Once simmering, reduce heat to mediumlow. Cook, stirring often, until sauce thickens slightly, 3-5 min.
- Season with salt and pepper, to taste.
- ** 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.

low heat.

Measurements within steps

1 tbsp (2 tbsp)

sp) oil

2 | Prep and cook turkey

O 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**.

