



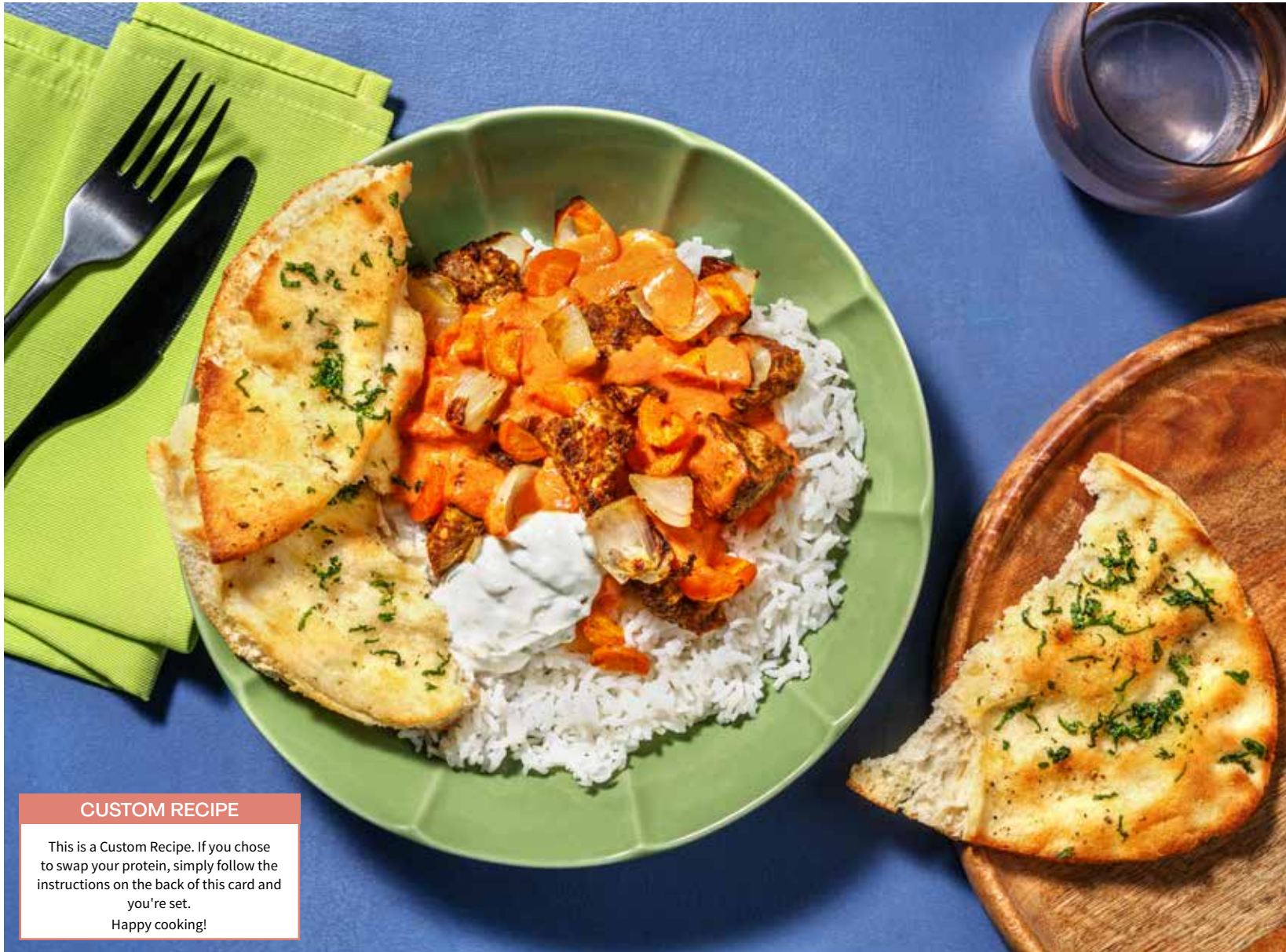
Sheet Pan Chicken Tikka

with Buttery Flatbreads

Spicy

Quick

25 Minutes



Chicken Breasts



Chicken Thighs



Flatbread



Basmati Rice



Carrot



Yellow Onion



Cilantro



Tikka Sauce



Greek Yogurt



Spicy Curry Paste



Garlic Salt

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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.

Bust out

2 Baking sheets, medium bowl, measuring spoons, medium pot, parchment paper, 2 small bowls, measuring cups, paper towels, vegetable peeler, small pot

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	280 g	560 g
Flatbread	2	4
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Yellow Onion	113 g	226 g
Cilantro	7 g	7 g
Tikka Sauce	½ cup	1 cup
Greek Yogurt	100 ml	200 ml
Spicy Curry Paste 🍛	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp
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.

Contact

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1 Prep and make cilantro yogurt

- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, then cut **onion** into 1-inch pieces. Separate **onion** layers.
- Roughly chop **cilantro**.
- Add **yogurt, half the cilantro, 2 tbsp water** and **¼ tsp sugar** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



4 Cook rice

- Meanwhile, add **1 ¼ cups water** and **1 tbsp butter** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice** and **remaining garlic salt**, then 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.



2 Prep and marinate chicken

- Meanwhile, pat **chicken** dry with paper towels. Cut into 1-inch pieces on a separate cutting board.
- Add **chicken, curry paste** and **half the garlic salt** to a medium bowl. Season with **pepper**, then toss to coat.

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 breasts**.



5 Warm flatbreads and tikka sauce

- Meanwhile, melt **1 tbsp butter** (dbl for 4 ppl) in a small microwavable bowl, or in a small pan over low heat. Add **remaining cilantro**. Season with **salt** and **pepper**, then stir to combine.
- Arrange **flatbreads** on an unlined baking sheet. Spread **cilantro-butter** over tops of **flatbreads**. Toast in the **middle** of the oven until warmed through, 3-4 min.
- Meanwhile, add **tikka sauce** to a small pot. Cook over medium heat, stirring often, until warmed through, 2-4 min.



3 Roast chicken and veggies

- Add **carrots, onions** and **½ tbsp oil** (dbl for 4 ppl) to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Add **chicken** to the other side of the baking sheet. Arrange in a single layer.
- Roast in the **top** of the oven until **veggies** are tender and **chicken** is cooked through, 15-18 min.**



6 Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between plates. Top with **chicken** and **veggies**.
- Drizzle **tikka sauce** and dollop **cilantro yogurt** over top.
- Tear **flatbreads** and serve alongside.

Dinner Solved!