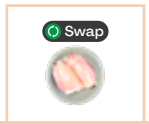




Chicken Tikka Masala

with Carrots and Garlic Rice

Spicy 30 Minutes



Chicken Thighs* 56 g | 113 g

Customized Protein

+ 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)



Chicken Breasts* 2 | 4



Basmati Rice ¾ cup | 1 ½ cup



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

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADERNO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$249.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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.

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Ingredient quantities 56 g | 113 g
2 person 4 person

1



Make garlic rice

- Before starting, wash and dry all produce.

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When the pot is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **rice** and **garlic**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1** $\frac{1}{4}$ **cups** (2 $\frac{1}{2}$ **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.

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into $\frac{1}{4}$ -inch half-moons.
- Roughly chop **spinach**.

3



Cook carrots

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add $\frac{1}{2}$ **cup** ($\frac{3}{4}$ **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.

4



Start chicken

Swap | Chicken Thigh

- 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 the pan is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **chicken**.
- Cook until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in the next step.)

5



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 $\frac{1}{4}$ **cup** ($\frac{1}{2}$ **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.

6



Finish and serve

- Fluff **garlic rice** with a fork.
- Divide **rice** between plates. Top with **chicken tikka masala**.

4 | Start chicken

Swap | Chicken Thigh

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.