



# Butter Chicken Curry

with Basmati Rice and Garlic Flatbreads

Spicy

25 Minutes

Swap



Customized Protein

+ Add

Swap

or

x2 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)

Tofu  
1 | 2



Chicken Breasts +  
2 | 4



Indian Spice Mix  
9 g | 18 g



Tikka Sauce  
½ cup | 1 cup



Yellow Onion  
1 | 2



Garlic Puree  
1 tbsp | 2 tbsp



Tomato  
2 | 4



Basmati Rice  
¾ cup | 1 ½ cups



Flatbread  
2 | 4



Cream  
56 ml | 113 ml

**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.*

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

**Pantry items** | Butter, salt, oil, pepper

**Cooking utensils** | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, silicone brush, strainer

1



### Cook rice and prep

- Before starting, preheat the oven to 450°F.
- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high.
- Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- To the **boiling water**, stir in **rice** and reduce heat to low.
- Cover and cook for 13-15 min, until **rice** is tender and water is absorbed.
- Remove from heat. Set aside, still covered.
- Meanwhile, cut **tomatoes** into ¼-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.

4



### Bake garlic flatbreads

- Meanwhile, to an unlined baking sheet, add **flatbreads**.
- Brush with **1 tbsp** (2 tbsp) **oil** and **remaining garlic puree**. Season with **salt**.
- Bake in the **middle** of the oven for 2-4 min, until golden. (**TIP:** Keep your eye on them so they don't burn!)

2



### Start chicken

[Swap](#) | [Tofu](#)

- Heat a large non-stick pan over medium-high.
- While the pan heats, on a separate cutting board, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook for 2-3 min, tossing occasionally, until golden. (**NOTE:** Chicken will finish cooking in step 4.)

3



### Cook curry

- To the pan with **chicken**, add **tomatoes**, **onions**, **Indian Spice Mix** and **half the garlic puree**. Cook for 2-3 min, stirring often, until **veggies** soften slightly.
- Add **tikka sauce**, **cream** and **½ cup** (¾ cup) **water**. Season with **salt** and **pepper**, then stir to combine.
- Bring to a simmer. Once simmering, reduce heat to medium.
- Cook for 8-10 min, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through.\*\*

5



### Finish and serve

- When **curry** is done, remove the pan from heat.
- Add **3 tbsp** (6 tbsp) **butter**. Stir for 1 min, until melted.
- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **curry**.
- Tear **garlic flatbreads** and serve alongside.

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

#### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Start tofu

[Swap](#) | [Tofu](#)

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** the same way the recipe instructs you to season **chicken**. Cook for 6-7 min, turning occasionally, until crispy and browned all over. Follow the rest of the recipe as written.

\* 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 165°F.