

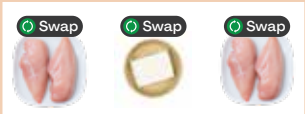


SuperQuick Butter Chicken-Inspired Rice Bowls with Green Peas

15-Minute Meal

Spicy

15 Minutes



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 ⁺	Tofu	Organic Chicken Breasts ⁺
2 4	1 2	2 4



- Chicken Breast, Diced ⁺
310 g | 620 g
- Indian Spice Mix [✓]
9 g | 18 g
- Green Peas
56 g | 113 g
- Tikka Sauce
½ cup | 1 cup
- Basmati Rice
¾ cup | 1 ½ cups
- Cilantro
7 g | 14 g
- Mirepoix
113 g | 227 g
- 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, oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, strainer

1



Make rice and prep

Swap | **Chicken Breasts**

Swap | **Tofu**

Swap | **Organic Chicken Breasts**

- Before starting, add **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear. Add **rice** and **peas** to the boiling water. Reduce heat to low.
- Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed. Remove from heat. Set aside, still covered.
- Drain **chicken**. Spread out on a cutting board, then season with **Indian Spice Mix**, **salt** and **pepper**. (TIP: For less heat, use half the Indian Spice Mix!)
- Tear **cilantro**.

4



Finish and serve

- Fluff **rice** with a fork. Stir in **1 tbsp** (2 tbsp) **butter** and **half the cilantro**.
- Divide **rice** between bowls.
- Top with **butter chicken**.
- Add **remaining cilantro** over top.

2



Cook veggies and chicken

Swap | **Tofu**

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear for 1-2 min, flipping once, until golden on both sides.
- Add **mirepoix** to the pan with **chicken**. Cook for 2-3 min, stirring occasionally, until softened.

3



Make sauce

- Reduce heat to medium.
- Add **tikka sauce**, **¼ cup** (½ cup) **water** and **cream**. Cook for 4-5 min, stirring often, until **sauce** is thickened slightly and **chicken** is cooked through.**
- Remove from heat. Add **1 tbsp** (2 tbsp) **butter**. Stir until **butter** is melted, then season with **salt** and **pepper**.

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.

1 | Make rice and prep

Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, pat dry with paper towels, then cut into 1-inch pieces. Season and cook in the same way the recipe instructs you to season and cook **diced chicken**.

1 | Make rice and prep

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**.

1 | Make rice and prep

Swap | **Organic Chicken Breasts**

If you've opted to get **organic chicken breast**, pat dry with paper towels, then cut into 1-inch pieces. Cook in the same way the recipe instructs you to cook **diced chicken**.

2 | Cook veggies and tofu

Swap | **Tofu**

Cook **tofu** 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, as size may vary.