



Chicken Tikka Masala

with Carrots and Garlic Rice

Spicy

30 Minutes

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)

Swap



Chicken Thighs +
280 g | 560 g

Swap



Organic Chicken Breast +
2 | 4



Chicken Breasts +
2 | 4



Basmati Rice
¼ cup | 1 ½ cups



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
4 g | 8 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

1



Make garlic rice

- Before starting, wash and dry all produce.
- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium. Meanwhile, using a strainer, rinse **rice** until water runs clear.
- When the pot is hot, add **½ tbsp** (1 tbsp) **oil**, then **rice** and **garlic**. Cook, stirring often, until fragrant. Add **1 ¼ cups** (2 ½ cups) **water** and **half the garlic salt**. Bring to a boil over high.
- Once boiling, 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.

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Roughly chop **spinach**.

3



Cook carrots

- Heat a large non-stick pan over medium-high.
- When the pan is hot, add **½ cup** (¾ cup) **water**, then **carrots**. Cook for 5-6 min, stirring often, until water is absorbed and **carrots** are tender-crisp.
- Season with **salt** and **pepper**, then transfer to a plate.

4



Start chicken

[Swap](#) | [Chicken Thighs](#)

- 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 **½ tbsp** (1 tbsp) **oil**, then **chicken**.
- Cook for 2-3 min per side, until golden. (**NOTE:** Chicken will finish cooking in the next step.)

5



Make sauce and finish chicken

- To the pan with **chicken**, add **curry paste**. Cook for 30 sec, stirring often, until fragrant.
- Reduce heat to medium-low, then add **tikka sauce**, cream and **¼ cup** (½ cup) **water**.
- Cook for 5-7 min, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through.**
- Add **carrots** and **spinach**. Season with **salt** and **pepper**, then stir for 1-2 min, until **spinach** wilts.

6



Finish and serve

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

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.

4 | Start chicken

[Swap](#) | [Chicken Thighs](#)

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 165°F, as size may vary.