



# Chicken Tikka Masala

with Peppers and Garlic Rice

30 Minutes



Chicken Thighs/Leg



Basmati Rice



Sweet Bell Pepper



Cilantro



Baby Spinach



Garlic Puree



Tikka Sauce



Coconut Milk



Indian Spice Mix

## HELLO TIKKA SAUCE

*This South Asian sauce is the perfect curry base.*

## Start here

Before starting, wash and dry all produce.

## Bust Out

Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs/Leg ♦	310 g***	620 g***
Basmati Rice	¾ cup	1 ½ cup
Sweet Bell Pepper	160 g	320 g
Cilantro	7 g	7 g
Baby Spinach	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Tikka Sauce	½ cup	1 cup
Coconut Milk	165 ml	400 ml
Indian Spice Mix	1 tbsp	2 tbsp
Oil*		

Salt and Pepper\*

\* Pantry items

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

\*\*\* Minimum weight on chicken

♦ 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 our meal kit labels for the most current allergen 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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## Make garlic rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic puree**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and liquid is absorbed, 12-14 min.



## Cook chicken

Pat **chicken** dry with paper towels. Cut into 2-inch pieces. Season with **salt, pepper** and **half the Indian Spice Mix**. Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. (**TIP:** It's okay if it doesn't cook all the way through in this step!)



## Prep

While **rice** cooks, core, then cut **pepper** into ½-inch slices. Roughly chop **spinach**. Roughly chop **cilantro**.



## Make sauce

Add **remaining Indian Spice Mix** and **remaining garlic puree** to the pan with **chicken**. Cook, stirring often, until fragrant, 1-2 min. Reduce heat to medium-low, then add **tikka sauce** and **coconut milk**. Cook, stirring occasionally, until **sauce** is slightly thickened and **chicken** is cooked through, 5-7 min.\*\* Add **peppers** and **spinach** and stir until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**.



## Cook peppers

Heat a large non-stick pan over medium high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**, then transfer to a plate.



## Finish and stir

Fluff **rice** with a fork, then stir in **half the cilantro**. Divide **rice** between plates. Top with **chicken, veggies** and **sauce**. Sprinkle **remaining cilantro** over top.

## Dinner Solved!