



# Chicken Tikka Masala

with Peppers and Garlic Rice

Spicy

30 Minutes



Chicken Tenders



Basmati Rice



Sweet Bell Pepper



Cilantro



Baby Spinach



Garlic Puree



Tikka Sauce



Coconut Milk



Indian Spice Mix

HELLO TIKKA SAUCE

*This South Asian-style 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 Tenders *	340 g	680 g
Basmati Rice	¾ cup	1 ½ cups
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
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

♦ 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 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.*

### Contact

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### 1 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. Remove the pot from heat. Set aside, still covered.



### 2 Prep

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



### 3 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 **peppers** to a plate.



### 4 Cook chicken

Pat **chicken** dry with paper towels. Cut **each piece** in half crosswise. Season with **salt** and **pepper**. 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 chicken doesn't cook all the way through in this step!)



### 5 Make sauce

Add **Indian Spice Mix** and **remaining garlic puree** to the pan with **chicken**. Cook, stirring often, until fragrant, 30 sec. Reduce heat to medium-low, then add **tikka sauce**, **coconut milk** and **½ tsp sugar** (dbl for 4 ppl). Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 5-7 min. **\*\* Add peppers and spinach**. Season with **salt** and **pepper**, then stir until **spinach** wilts, 1-2 min.



### 6 Finish and serve

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!