



Chicken Tikka Masala

with Peppers and Garlic Rice

30 Minutes



Chicken Thighs



Basmati Rice



Sweet Bell Pepper



Baby Spinach



Garlic, cloves



Tikka Sauce



Mild Curry Paste



Garlic Salt



Cream

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 Thighs ♦	280 g	560 g
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Baby Spinach	28 g	56 g
Garlic, cloves	1	2
Tikka Sauce	½ cup	1 cup
Mild Curry Paste	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Cream	56 ml	113 ml
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



1 Make garlic rice

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **garlic**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups water** (dbl for 4 ppl) and **half the garlic salt**. Bring to a boil over high.
- Once boiling, 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

- Meanwhile, core, then cut **pepper** into ½-inch slices.
- Roughly chop **spinach**.



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**, to taste, then transfer to a plate.



4 Start chicken

- Pat **chicken** dry with paper towels. Cut into 1-inch pieces. Season with **remaining garlic 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. (**NOTE**: Chicken will finish cooking in the next step.)



5 Make sauce and finish chicken

- Add **curry paste** to the pan with **chicken**. Cook, stirring often, until fragrant, 30 sec.
- Reduce heat to medium-low, then add **tikka sauce, cream** and **¼ cup water** (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.
- Divide **rice** between plates. Top with **chicken, veggies** and **sauce**.

Dinner Solved!