



Chicken Tikka Masala











with Peppers and Garlic Rice

30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

-  Chicken Thighs
-  **Chicken Breasts**
-  Basmati Rice
-  Sweet Bell Pepper
-  Garlic, cloves
-  Baby Spinach
-  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
Chicken Breasts ♦	2	4
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

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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.



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.)

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



2 Prep

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



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.



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.



6 Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between plates. Top with **chicken, veggies and sauce**.

Dinner Solved!