



# Creamy Chicken Tikka-Style Bowls

with Basmati and Toasted Naan

Family Friendly

30 Minutes



Ground Chicken



Tikka Sauce



Mild Curry Paste



Basmati Rice



Cream



Green Peas



Onion, chopped



Sweet Bell Pepper



Garlic Salt



Naan Bread

## HELLO TIKKA SAUCE

*This South Asian-style sauce is the perfect curry base!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, silicone brush, medium pot, measuring cups, large non-stick pan

## Ingredients

|                   | 2 Person | 4 Person |
|-------------------|----------|----------|
| Ground Chicken ♦  | 250 g    | 500 g    |
| Tikka Sauce       | ½ cup    | 1 cup    |
| Mild Curry Paste  | 2 tbsp   | 4 tbsp   |
| Basmati Rice      | ¾ cup    | 1 ½ cups |
| Cream             | 56 ml    | 113 ml   |
| Green Peas        | 56 g     | 113 g    |
| Onion, chopped    | 56 g     | 113 g    |
| Sweet Bell Pepper | 160 g    | 320 g    |
| Garlic Salt       | ½ tsp    | 1 tsp    |
| Naan Bread        | 2        | 4        |
| Unsalted Butter*  | 2 tbsp   | 4 tbsp   |
| Oil*              |          |          |
| Salt and Pepper*  |          |          |

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

♦ 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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### Cook rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pot to melt, 30 sec.
- Add **rice** and **half the onions** to the pot. Cook, stirring often, until **onions** soften, 2-3 min.
- Add **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl), then 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.



### Make sauce

- Add **mild curry paste** to the pan with **chicken mixture**. Cook, stirring often, until well-combined, 30 sec.
- Add **tikka sauce**, **cream** and **½ cup water** (dbl for 4 ppl). Bring to a simmer.
- Once simmering, reduce heat to medium-low. Cook, stirring often, until **sauce** thickens slightly, 3-5 min.
- Season with **salt** and **pepper**, to taste.



### Prep and cook chicken

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl) then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-6 min.\*\*
- Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**.



### Toast naan

- Meanwhile, heat **1 tbsp butter** (dbl for 4 ppl) in the microwave, until melted, 30 sec.
- Arrange **naan** on an unlined baking sheet. Brush with **melted butter**, then season with **⅛ tsp garlic salt** (dbl for 4 ppl).
- Toast in the **middle** of the oven until golden-brown, 2-4 min. (**TIP**: Keep an eye on the naan, so they don't burn!)



### Cook veggies

- Add **peppers**, **peas** and **remaining onions** to the same pan.
- Cook, stirring occasionally, until tender-crisp, 2-3 min.



### Finish and serve

- Fluff **rice** with a fork.
- Cut **naan** in quarters.
- Divide **rice** between plates. Top with **chicken tikka**.
- Serve **garlic naan** alongside.

## Dinner Solved!