



# Creamy Chicken Tikka-Style Bowls

with Basmati and Toasted Flatbread

Family Friendly

30 Minutes



Ground Chicken



Tikka Sauce



Mild Curry Paste



Basmati Rice



Cream



Green Peas



Onion, chopped



Sweet Bell Pepper



Garlic Salt



Flatbread



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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, small bowl, 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	¾ tsp	¾ tsp
Flatbread	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.

## 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.*

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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 until melted, 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 **curry paste** to the pan with **chicken and veggies**. 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 flatbreads

- Meanwhile, melt **1 tbsp butter** (dbl for 4 ppl) in a microwavable bowl, or in a small pan over low heat.
- Arrange **flatbreads** on an unlined baking sheet. Brush with **melted butter**, then season with **⅛ tsp garlic salt** (dbl for 4 ppl).
- Toast **flatbreads** in the **middle** of the oven until golden-brown, 2-4 min. (**TIP:** Keep an eye on flatbreads so they don't burn!)



### Cook veggies

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



### Finish and serve

- Fluff **rice** with a fork.
- Cut **flatbreads** into quarters.
- Divide **rice** between bowls. Top with **chicken tikka**.
- Serve **garlic flatbread** alongside.

Dinner Solved!