



LIGHTER BUTTER CHICKEN

with Veggie Rice Pilau

FAMILY



HELLO PILAU

Fragrant rice cooked with veggies and spices!

TIME: 35 MIN



Chicken Breasts



Basmati Rice



Traditional Tandoori Masala



Garlic



Ginger



Crushed Tomatoes



Greek Yogurt



Cilantro



Shallot



Carrot



Green Peas

BUST OUT

- Paper Towel
- Medium Pot
- Garlic Press
- Measuring Cups
- Box Grater
- Large Non-Stick Pan
- Measuring Spoons
- Salt and Pepper
- Aluminum Foil
- Olive or Canola Oil

INGREDIENTS

4-person

- Chicken Breasts 680 g
- Basmati Rice 1 ½ cup
- Traditional Tandoori Masala 6 2 tbsp
- Garlic 9 g
- Ginger 30 g
- Crushed Tomatoes 1 box
- Greek Yogurt 2 100 g
- Cilantro 14 g
- Shallot 50 g
- Carrot 170 g
- Green Peas 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Peel ginger using a spoon's edge - you'll be able to maneuver around the knobby bits more easily!



1 PREP
Wash and dry all produce.*
Peel, then mince or grate **garlic**. Peel, then grate **½ tbsp ginger**. Using a box grater, coarsely grate **carrot**. Peel, then cut **shallot** into ¼-inch pieces. Finely chop **cilantro**. Pat **chicken** dry with paper towel, then cut into 1-inch pieces. Season with **salt** and **pepper**.



4 COOK SAUCE
Using the same pan, reduce the heat to medium. Add another **1 tbsp oil**, then **ginger**, **Tandoori Masala**, **remaining shallot** and **remaining garlic**. Cook, stirring often, until fragrant, 30 sec. Add **crushed tomatoes** and **½ cup water**. Simmer, stirring occasionally, until slightly thickened 4-5 min.



2 COOK RICE
Heat a medium pot over medium-high heat. When pot is hot, add **1 tbsp oil**, then **half the shallot** and **half the garlic**. Cook, stirring often, until fragrant, 1 min. Add **rice** and **2 ½ cups water**. Bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5 FINISH RICE
When **sauce** is slightly thickened, remove pan from heat. Add **chicken**, including **any juices** from the plate and stir to coat. Add **yogurt** and stir together. Fluff **rice** with a fork, then season with **salt**. Stir in **carrots**, **peas** and **half the cilantro**.



3 START CHICKEN
Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **chicken**. Cook, stirring often, until **chicken** is golden-brown and cooked through, 6-7 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**) Transfer **chicken** to a plate and cover with foil to keep warm.



6 FINISH AND SERVE
Divide **rice** between bowls and top with **butter chicken**. Sprinkle over **remaining cilantro**.

CREAMY!

A final flourish of yogurt lends a creamy element to this awesome dish.

