



Saucy Indian-Spiced Chicken

with Coconut Rice and Peas

Discovery

Quick

25 Minutes



Chicken Tenders



Basmati Rice



Coconut Milk



Tikka Sauce



Cilantro



Green Peas



Yellow Onion



Carrot



Indian Spice Mix

HELLO COCONUT MILK
A delicious dairy alternative!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Basmati Rice	¾ cup	1 ½ cups
Coconut Milk	165 ml	400 ml
Tikka Sauce	½ cup	1 cup
Cilantro	7 g	7 g
Green Peas	113 g	227 g
Yellow Onion	56 g	113 g
Carrot	170 g	170 g
Indian Spice Mix	1 tbsp	2 tbsp
Sugar*	½ tbsp	1 tbsp
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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Cook rice

Add **¼ cup coconut milk**, **¼ tsp salt** and **1 cup water** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice** and **peas**, then 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 **onions**, **carrots** and **remaining Indian Spice Mix** to the pan with **chicken**. Cook, stirring often, until **veggies** are tender-crisp, 2-3 min. Add **tikka sauce**, **remaining coconut milk**, **½ tbsp sugar** and **⅓ cup water** (dbl both for 4 ppl). Season with **salt** and **pepper**. Bring to a boil over high heat. Once boiling, reduce heat to medium low. Cook, stirring often, until **sauce** thickens, 5-7 min.



Prep

While **rice** cooks, finely chop **cilantro**. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Pat **chicken** dry with paper towels, then season with **salt**, **pepper** and **half the Indian Spice Mix**.



Finish and serve

Fluff **rice** and **peas** with a fork, then divide between plates. Top with **chicken** and **sauce**. Sprinkle **cilantro** over top.

Dinner Solved!



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **chicken**. Cook, flipping occasionally, until cooked through, 6-7 min.** (**NOTE:** For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch.)