



# SAUCY TANDOORI CHICKEN

with Spinach, Cucumber Crema and Lemon-Herb Rice

SPICY

PRONTO



## HELLO

### SPROUTED BROWN RICE

This brown rice has a lighter texture and a nuttier flavour than regular brown rice

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 573



Chicken Breasts, cubed



Sprouted Brown Rice



Shallot



Mini Cucumbers



Tandoori Masala



Cilantro



Lemon



Crushed Tomatoes



Chicken Broth Concentrate



Sour Cream



Baby Spinach

## BUST OUT

- Strainer
- Small Bowl
- Medium Pot
- Grater
- Measuring Cups
- Sugar (1 tsp | 2 tsp)
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Zester

## INGREDIENTS

2-person | 4-person

- Chicken Breasts, cubed 340 g | 680 g
- Sprouted Brown Rice ½ cup | 1 cup
- Shallot 25 g | 50 g
- Mini Cucumbers 132 g | 254 g
- Tandoori Masala 🍷 6 1 tbsp | 2 tbsp
- Cilantro 10 g | 10 g
- Lemon 1 | 2
- Crushed Tomatoes 1 box | 2 box
- Chicken Broth Concentrate 1 | 2
- Sour Cream 2 6 tbsp | 12 tbsp
- Baby Spinach 56 g | 113 g

## ALLERGENS | ALLERGÈNES

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

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

- 0 Seafood/Fruit de Mer
- 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

\*Laver et sécher tous les aliments.



## START STRONG

Rinsing the rice improves the finished texture ensuring it doesn't become mushy.



**1 COOK RICE**  
Wash and dry all produce.\* Rinse the rice. In a medium pot, combine the rice with **1 ¼ cups water** (double for 4 ppl). Bring to a boil over high heat, then reduce the heat to medium-low. Cover and simmer until the rice is tender, 25-26 min. Remove the pot from the heat and let stand until the water has been absorbed, 2-3 min.



**4 MAKE CREMA**  
Meanwhile, roughly chop the **cilantro**. Zest, then juice the **lemon**. Into a small bowl, coarsely grate the **cucumbers**. Stir in **3 tbsp sour cream** (double for 4 ppl) and **1 tsp lemon juice** (double for 4 ppl). Season with **salt**. Set aside.



**2 PREP AND COOK CHICKEN**  
Meanwhile, peel and thinly slice the **shallot(s)** into ¼-inch strips. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **shallot**. Cook, stirring occasionally, until softened, 2-3 min. Add the **chicken**. Cook, stirring occasionally, until the chicken is golden-brown, 4-5 min.



**5 FINISH RICE AND CURRY**  
Fluff the **rice** with a fork. Stir in the **lemon zest**, **half the cilantro** and **2 tbsp lemon juice** (double for 4 ppl). Season with **salt** and **pepper**. Remove the **curry** from the heat. Add the **spinach** and **remaining sour cream**. Stir until spinach wilts, 1-2 min. (**TIP:** If you stir in the sour cream when it's too hot, it may 'split' or separate from the curry.)



**3 COOK CURRY**  
Add the **tandoori masala** to the **chicken** and stir until fragrant, 1 min. Add the **broth concentrate(s)**, **tomatoes** and **1 tsp sugar** (double for 4 ppl). Reduce the heat to medium-low and simmer until the sauce thickens slightly, 10-15 min.



**6 FINISH AND SERVE**  
Divide the **rice** between bowls and top with the **curry**. Sprinkle with the **remaining cilantro**, dollop with the **cucumber crema** and drizzle over **remaining lemon juice**, if desired.

## CREAMY!

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