



OCT
2016

Speedy Chicken Tikka Masala

with Green Peas and Basmati Rice

This chicken curry is just what we need to warm us up on cool autumn nights. The bursting green peas are the surprise in every bite! And we guarantee making this dinner will be faster than take-out.

 Prep
30 min

 level 1

 spicy



Chicken Thighs



Basmati Rice



Red Onion



Garlic



Peas



Diced Tomatoes



Ginger



Greek Yogurt




Tandoori Spice
Blend



Cilantro

Ingredients

	2 People	4 People
Chicken Thighs	1 pkg (340 g)	2 pkg (680 g)
Basmati Rice	1 pkg (¾ cup)	2 pkg (1½ cups)
Red Onion, diced	1 pkg (56 g)	2 pkg (113 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
2% Greek Yogurt	1) 1 pkg	2 pkg
Peas	1 pkg (227 g)	2 pkg (454 g)
Ginger	1 knob (30 g)	2 knobs (60 g)
Cilantro	1 pkg (7 g)	2 pkg (14 g)
Tandoori Spice Blend 	2) 1 pkg (1 tbsp)	2 pkg (2 tbsp)
Diced Tomatoes	1 can	2 cans
Sugar*	½ tsp	1 tsp
Olive or Canola Oil*		

*Not Included

Allergens

1) Milk/Lait

2) Sulphites/Sulfites

Tools

Medium Pot, Large Non-Stick Pan, Measuring Cup, Measuring Spoons

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 696 cal | Fat: 11 g | Protein: 48 g | Carbs: 99 g | Fibre: 7 g | Sodium: 462 mg

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



1 Prep: Bring **1½ cups salted water** (double for 4 people) to a boil in a medium pot. **Wash and dry all produce.** Mince or grate the **garlic**. Peel the **ginger** and mince **1 tbsp** (double for 4 people.) Roughly chop the **cilantro**. Cut the **chicken** into ¾-inch pieces.

2 Cook the rice: Add rice to the boiling water. Reduce the heat to medium-low. Cover and cook until the rice is tender and the water has been absorbed, 10-12 min.



3 Cook the chicken: Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **onion, garlic** and **ginger**. Cook, stirring occasionally, until onion starts to soften, 2-3 min. Add as much **spice blend** as you dare (careful - it's spicy!) and cook, stirring, until fragrant, 30 sec. Add the **chicken**. Cook, stirring occasionally, until chicken is golden-brown all over, 4-5 min.



4 Add the **diced tomatoes, peas** and **sugar**. Cook, stirring, until warmed through, 1-2 min. Remove the pan from the heat and let stand for 2 min. Stir in the **yogurt**. (**TIP:** If you stir in the yogurt when it's too hot, your curry may split!)

5 Finish and serve: Serve the **curry** over a bed of **rice** and sprinkle over the **cilantro**. Enjoy!

NUTRITION FACT: On top of adding a delicious pop of flavour to this dish, green peas are a good source of Vitamin C. This multi-functional nutrient is essential in helping the body to protect and heal itself. That's just one more reason you have to eat your peas!

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