

HELLO Chicken Tikka Masala with Carrets and Garlie Rice

with Carrots and Garlic Rice

Family Friendly 30-40 Minutes











If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫







2 | 4

3/4 cup | 1 ½ cups



Carrot



28 g | 56 g

1 | 2



Garlic, cloves



1 | 2

Tikka Sauce 1/2 cup | 1 cup

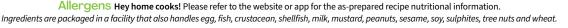


Curry Paste



2 tbsp | 4 tbsp 1 tsp | 2 tsp





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



Make garlic rice

- · Before starting, wash and dry all produce.
- Peel, then mince or grate garlic.
- Heat a medium pot over medium heat.
- When the pot is hot, add ½ tbsp (1 tbsp) oil, then rice and garlic. Cook, stirring often, until fragrant, 2-3 min.
- Add **1** ¼ cups (2 ½ cups) water and half the garlic salt. 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 from heat. Set aside, still covered.



Prep

- Meanwhile, peel, then halve carrot lengthwise. Cut into 1/4-inch half-moons.
- Roughly chop spinach.



- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ cup (¾ cup) water, then carrots. Cook, stirring often, until water is absorbed and **carrots** are tender-crisp, 5-6 min.
- Season with **salt** and **pepper**, to taste, then transfer to a plate.



4 | Start tofu

chicken breasts.

Measurements

4 | Start chicken

Swap | Chicken Thighs

within steps

Swap | Tofu

If you've opted to get tofu, prepare and cook it the same way as the **chicken**, turning occasionally, until crispy and golden-brown all over, 6-7 min.

1 tbsp

If you've opted to get chicken thighs, prepare, cook and plate them in the same way the recipe instructs you to prepare and cook the

(2 tbsp)

oil



Start chicken

Swap | Chicken Thighs

Swap | Tofu

- Pat chicken dry with paper towels.
- Cut into 1-inch pieces. Season with remaining garlic salt and pepper.
- Reheat the same pan over medium.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then chicken.
- Cook until golden-brown, 2-3 min per side. (NOTE: Chicken will finish cooking in the next step.)



Make sauce and finish chicken

- Add curry paste to the pan with chicken. Cook, stirring often, until fragrant, 30 sec.
- Reduce heat to medium-low, then add tikka sauce, cream and **¼ cup** (½ cup) **water**.
- Cook, stirring occasionally, until sauce thickens slightly and chicken is cooked through, 5-7 min.**
- Add carrots and spinach. Season with salt and pepper, then stir until spinach wilts, 1-2 min.



Finish and serve

- Fluff garlic rice with a fork.
- Divide **rice** between plates. Top with chicken tikka masala.

