



Speedy Chicken Tikka Masala

with Basmati Rice and Spinach

Super Quick 10-15 Minutes

7



Tikka Masala Paste



Tomato Puree



Creme Fraiche



Chicken Stock Paste



Basmati Rice



Diced Chicken Breast



Baby Spinach

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Tikka Masala Paste	75g	112g	150g
Tomato Puree	30g	45g	60g
Creme Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	260g	390g	520g
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Sugar*	½ tsp	1 tsp	1 tsp
Water for the Curry*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2975 / 711	733 / 175
Fat (g)	28.2	6.9
Sat. Fat (g)	13.9	3.4
Carbohydrate (g)	70.3	17.3
Sugars (g)	8.1	2.0
Protein (g)	41.7	10.3
Salt (g)	3.10	0.76

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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1



Get Started

- Boil a half-full kettle.
- While it boils, pop a frying pan on medium-high heat.
- Add the **tikka masala paste**, **tomato puree**, **creme fraiche**, **chicken stock paste**, **sugar** and **water** (see pantry for both). Stir to combine and bring to the boil.
- Next, pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat. Boil the **rice**, 10-12 mins.

3



Spinach Time

- When the **chicken** is cooked, add the **spinach** in handfuls so it's piping hot, 1-2 mins.
- Remove from the heat. Stir in the **butter** (see pantry) until melted.

2



Poach It

- Meanwhile, stir the **chicken** into the frying pan. Bring to the boil and lower the heat.
- Simmer, 10-12 mins. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.*
- Once the **rice** is cooked, drain, pop back in the pan and cover.

4



Dinner's Ready!

- Share the **rice** and **curry** between your bowls.

Enjoy!