



# Creamy Speedy Chicken Tikka Masala

with Peas and Rice

Family 20-25 Minutes

11



Basmati Rice



Garlic Clove



Tikka Masala Paste



Diced Chicken Thigh



Mango Chutney



Coconut Milk



Chicken Stock Paste



Peas



Diced Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, sieve, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Tikka Masala Paste	75g	112g	150g
Diced Chicken Thigh**	210g	350g	390g
Mango Chutney	40g	60g	80g
Coconut Milk	200ml	400ml	400ml
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Boiled Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	75ml	125ml	150ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	595g	100g	620g	100g
Energy (kJ/kcal)	3430 / 820	576 / 138	3344 / 799	539 / 129
Fat (g)	37.6	6.3	29.8	4.8
Sat. Fat (g)	23.0	3.9	20.7	3.3
Carbohydrate (g)	88.9	14.9	88.7	14.3
Sugars (g)	18.9	3.2	19.0	3.1
Protein (g)	37.8	6.4	45.4	7.3
Salt (g)	3.15	0.53	3.13	0.51

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

## Allergens

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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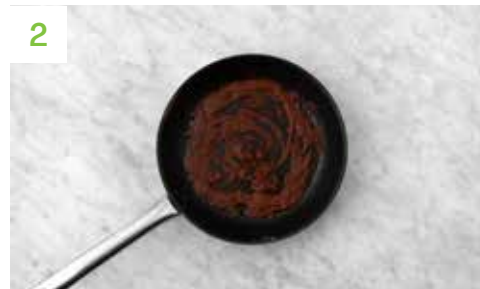
## Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water for the rice** into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Peas Please

- When your **chicken** is cooked through, stir through the **peas** until piping hot, 1 min.



## Fry the Aromatics

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large frying pan on medium heat.
- Once hot, add the **tikka masala paste** and **garlic**. Fry until fragrant, 1 min.



## Season to Taste

- Taste your **chicken curry** and season with **salt** and **pepper** if needed.
- Fluff up the **rice** with a fork.



## Simmer your Curry

- Add the **diced chicken**, **mango chutney**, **coconut milk**, **chicken stock paste** and **water for the sauce** (see pantry for amount) to the pan.
- Stir together and season with **salt** and **pepper**.
- Bring to the boil, then lower the heat and simmer until the **chicken** is cooked and the **sauce** has thickened, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Serve

- Share the **rice** between your bowls.
- Top with the **chicken tikka masala**.

Enjoy!