



Ultimate Chicken Tikka and Rice

with Crispy Shallot Topping and Garlic Coriander Naan

Ultimate 40-45 Minutes • Medium Spice

36



Basmati Rice



Garlic Clove



Echalain Shallot



Coriander



Red Chilli



Tikka Masala Paste



Tomato Puree



Diced Chicken Breast



Plain Naans



Creme Fraiche

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

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

Saucepan, lid, garlic press, kitchen paper, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	3	5	6
Echalion Shallot**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Tikka Masala Paste	75g	84g	112g
Tomato Puree	30g	45g	60g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Plain Naans 7) 13)	2	3	4
Creme Fraiche** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Butter*	20g	30g	40g
Sugar*	½ tsp	½ tsp	1 tsp
Water for the Curry*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	689g	100g
Energy (kJ/kcal)	4617/1103	670/160
Fat (g)	36.8	5.3
Sat. Fat (g)	14.6	2.1
Carbohydrate (g)	137.9	20.0
Sugars (g)	13.7	2.0
Protein (g)	53.0	7.7
Salt (g)	3.12	0.45

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

Allergens

7) Milk 13) Cereals containing gluten

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, cereals containing 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

If you don't have a toaster, heat your oven to 220°C/200°C fan/gas mark 7 for the **naans**.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Make the Chicken Curry

Keep 2 tbsp of **shallot oil** in the pan and discard the rest. Pop the pan back on medium-high heat.

Once the **shallot oil** is hot, add the **tikka masala paste**, **tomato puree** and **half the garlic**. Cook, stirring, for 2-3 mins.

Stir in the **chicken**, **sugar** and **water for the curry** (see pantry for both amounts). Bring to the boil, then lower the heat. Season with **salt** and **pepper**.

Simmer with the lid on until the **sauce** has thickened and the **chicken** is cooked through, 15-20 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.**



Prep the Veg

While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).

Halve, peel and thinly slice the **shallot**. Separate the **shallot slices**.

Finely chop the **coriander** (stalks and all). Halve the **red chilli** lengthways, deseed, then thinly slice.

Remove the **butter** (see pantry for amount) from your fridge.



Flavour the Naans

While the **curry** simmers, combine the **butter**, remaining **garlic** and **coriander** in a small bowl. Season with **salt** and **pepper**.

When 5 mins of cooking time remain, cut the **naans** in half widthways, then put in your toaster until golden.

If you're using the oven, put the **naans** onto a baking tray. Sprinkle with a **little water** and pop them into the oven to warm through, 2-3 mins.

Once warmed, spread the **flavoured butter** over the **naans**.



Crisp the Shallots

Meanwhile, pour enough **oil** into a large saucepan to cover the bottom, then pop it on medium-high heat. **TIP: Check if the oil is hot enough by adding one shallot slice - if it sizzles, it's ready.**

Add the **shallot** and fry until golden and crispy, 3-5 mins. Turn once or twice, then remove with a slotted spoon and transfer to some kitchen paper to absorb any excess **oil**.

In a medium bowl, mix together the **red chilli** (use less if you'd prefer things milder), **cooled crispy shallots** and **half the coriander**. Set your **curry topping** aside.



Finish and Serve

Once the **curry** is ready, stir through the **creme fraiche**. Bring to the boil, then remove from the heat. Taste, and season with **salt** and **pepper** if needed.

Fluff up the **rice** using a fork, then share between your bowls. Top with your **ultimate chicken tikka**. Sprinkle over the **curry topping**.

Serve the **garlic coriander naans** alongside.

Enjoy!