



Speedy Chicken Tikka Masala

with Basmati Rice and Spinach

Super Quick 10-15 Minutes • Mild Spice

7



Tikka Masala Paste



Tomato Puree



Curry Powder Mix



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 |
| Curry Powder Mix | 1 sachet | 1 sachet | 2 sachets |
| Creme Fraiche** 7) | 75g | 120g | 150g |
| Chicken Stock Paste | 10g | 15g | 20g |
| Basmati Rice | 150g | 225g | 300g |
| Diced Chicken Breast** | 1 pack | 1 pack | 1 pack |
| 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 | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 409g | 100g |
| Energy (kJ/kcal) | 3006 / 719 | 736 / 176 |
| Fat (g) | 28.5 | 7.0 |
| Sat. Fat (g) | 13.9 | 3.4 |
| Carbohydrate (g) | 71.3 | 17.5 |
| Sugars (g) | 8.2 | 2.0 |
| Protein (g) | 42.0 | 10.3 |
| Salt (g) | 3.38 | 0.83 |

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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

♻️ You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



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**, **curry powder mix**, **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!