



10

# Tandoori Inspired Chicken Tikka Masala with Spinach and Garlic Butter Rice

Family 25-30 Minutes • Mild Spice



Garlic Clove



Basmati Rice



Diced Chicken Thigh



Tikka Masala Paste



Tomato Puree



Tandoori Masala Mix



Chicken Stock Paste



Baby Spinach



Creme Fraiche



Diced Chicken Breast

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**Pantry Items**

Oil, Salt, Pepper, Butter, Honey

**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. Ingredients in red are hot!

## Cooking tools

Garlic press, saucepan, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	240g	390g	520g
Tikka Masala Paste	75g	112g	150g
Tomato Puree	30g	45g	60g
Tandoori Masala Mix	1 sachets	1 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Creme Fraiche** 7)	75g	120g	150g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Curry*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	570g	100g	570g	100g
Energy (kJ/kcal)	3383/809	594/142	3122/746	548/131
Fat (g)	38.8	6.8	28.6	5.0
Sat. Fat (g)	17.0	3.0	14.0	2.5
Carbohydrate (g)	81.7	14.3	81.5	14.3
Sugars (g)	13.5	2.4	13.5	2.4
Protein (g)	39.8	7.0	42.6	7.5
Salt (g)	3.37	0.59	3.31	0.58

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. Be careful when adding water to hot pans while cooking.

## Contact

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## Rice Rice Baby

Peel and grate the **garlic** (or use a garlic press). Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount).

When the **butter** has melted, add the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min.

Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) 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).



## Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**. Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

## CUSTOM RECIPE

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



## Add the Flavour

Once the **chicken** is browned, add the **tikka masala paste**, **tomato puree** and **tandoori masala mix** to the **chicken**. Cook until fragrant, 1-2 mins.



## Simmer Time

When fragrant, stir in the **chicken stock paste**, **honey** and **water for the curry** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer until the **chicken** is cooked through and the **sauce** has thickened, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Wilt the Spinach

Once thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Remove the pan from the heat, then stir through the **creme fraiche** until combined.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Serve Up

Fluff up the **garlic butter rice** with a fork, then share between your bowls.

Top with the **tandoori style chicken curry**.

## Enjoy!