



Creamy Coconut Chicken Tikka Masala

with Baby Spinach and Cumin Rice

Classic 25-30 Minutes • Mild Spice

45



Basmati Rice



White Cumin Seeds



Tikka Masala Paste



Tomato Puree



Diced British Chicken Breast



Chicken Stock Paste



Coconut Milk



Baby Spinach

Pantry Items

Oil, Salt, Pepper, Honey, 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

Saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Tikka Masala Paste	56g	112g	168g
Tomato Puree	30g	45g	60g
Diced British Chicken Breast**	240g	390g	520g
Chicken Stock Paste	10g	15g	20g
Coconut Milk	180ml	250ml	360ml
Baby Spinach**	40g	100g	100g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	533g	100g
Energy (kJ/kcal)	3158/755	593/142
Fat (g)	31.1	5.8
Sat. Fat (g)	20.0	3.8
Carbohydrate (g)	78.4	14.7
Sugars (g)	12.3	2.3
Protein (g)	41.9	7.9
Salt (g)	2.70	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, mollusc, 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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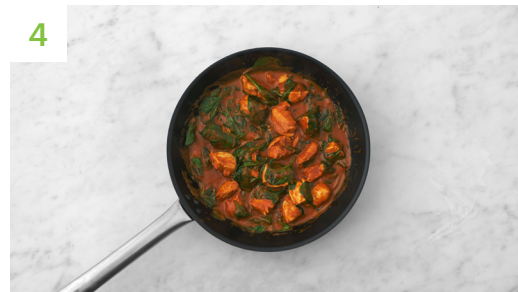


Get your Rice On

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

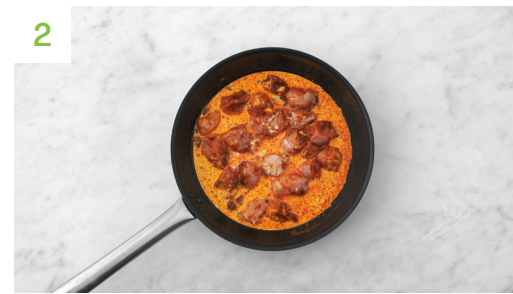
Stir in the **rice**, **¼ tsp salt** and the **cumin seeds**, then bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Add the Spinach

Once the **chicken** is cooked, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Start the Curry

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

Once the **oil** is hot, add the **tikka masala paste** and **tomato puree**, cook for 30 secs.

Stir in the **chicken**, **chicken stock paste**, **coconut milk**, **honey** (see pantry for amount).



Finish Off

Stir in the **butter** until melted, then season with **salt** and **pepper** and remove from the heat. Add a splash of **water** if you feel it needs it.



Time to Simmer

Bring to a 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.



Serve

Share the **rice** out between your serving bowls and spoon over the **curry** to finish.

Enjoy!