



# Creamy Chicken Tikka Masala

with Peas and Rice

Family 20-25 Minutes • Mild Spice • 1 of your 5 a day

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Basmati Rice



Garlic Clove



Tikka Masala Paste



Tomato Puree



Diced British Chicken Thigh



Creme Fraiche



Chicken Stock Paste



Peas



Diced British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, 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

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
Tomato Puree	30g	45g	60g
Diced British Chicken Thigh**	190g	350g	390g
Creme Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	542g	100g	567g	100g
Energy (kJ/kcal)	2945 / 704	543 / 130	2859 / 683	504 / 121
Fat (g)	28.0	5.2	20.3	3.6
Sat. Fat (g)	11.0	2.0	8.7	1.5
Carbohydrate (g)	78.9	14.6	78.7	13.9
Sugars (g)	12.3	2.3	12.3	2.2
Protein (g)	37.1	6.8	44.7	7.9
Salt (g)	2.92	0.54	2.91	0.51

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, 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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## Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ 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 Spices

- 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, tomato puree** 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 the Curry

- Add the **diced chicken, creme fraiche, chicken stock paste** and the **sugar** and **water for the sauce** (see pantry for both amounts) 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.

↔ Swap to Chicken Breast

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!