



Ultimate Chicken Tikka and Rice

with Garlic Naan and Kachumber Style Salad

Ultimate 40-45 Minutes • Medium Spice • 2 of your 5 a day

35



Basmati Rice



Coriander



Red Chilli



Garlic Clove



Baby Cucumber



Lemon



Tikka Masala Paste



Tomato Puree



Diced British Chicken Breast



Plain Naans



Creme Fraiche



Baby Plum Tomatoes

Pantry Items

Oil, Salt, Pepper, Butter, Sugar, Olive Oil

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, bowl, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Garlic Clove**	3	5	6
Baby Cucumber**	1	1½	2
Lemon**	1	1	1
Tikka Masala Paste	75g	84g	112g
Tomato Puree	30g	45g	60g
Diced British Chicken Breast**	240g	390g	480g
Plain Naans 7) 13)	2	3	4
Crema Fraiche** 7)	75g	120g	150g
Baby Plum Tomatoes**	125g	190g	250g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Butter*	20g	30g	40g
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	100ml	150ml	200ml
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4936 / 1180	577 / 138
Fat (g)	41.5	4.8
Sat. Fat (g)	15.3	1.8
Carbohydrate (g)	146.2	17.1
Sugars (g)	17.7	2.1
Protein (g)	54.3	6.3
Salt (g)	3.28	0.38


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, 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.

 You can recycle me!

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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).

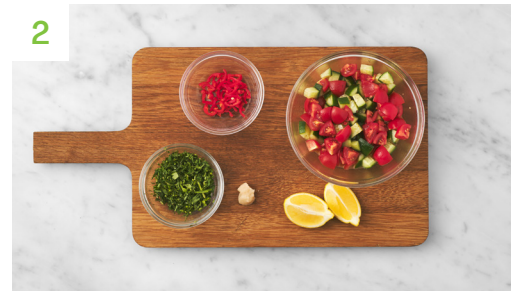


Simmer Simmer

Add the **chicken, sugar** and **water for the curry** (see pantry for both amounts) to the frying pan. 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

Meanwhile, remove the **butter** (see pantry for amount) from your fridge.

Finely chop the **coriander** (stalks and all). Halve the **red chilli** lengthways, deseed, then thinly slice. Peel and grate the **garlic** (or use a garlic press).

Trim the **cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways. Cut the **tomato** into 1cm chunks. Cut the **lemon** into wedges.

Add a squeeze of **lemon juice** to a medium bowl and stir through the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Add the **tomato** and **cucumber**, toss to coat in the **dressing**, then set aside.



Flavour the Naans

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 over the **butter** (see pantry for amount) and remaining **garlic**. Season with **salt**.

Just before you're ready to serve, toss **half** the **coriander** and **half** the **chilli** through your **kachumber salad**.



Build the Flavour

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

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



Finish and Serve

Once the **curry** is ready, stir in the **crema 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 the remaining **coriander** and **chilli** over the **curry**.

Serve your **kachumber salad** and **garlic naans** in separate dishes alongside.

Enjoy!