



# Creamy Chicken Tikka Masala

with Butternut Squash and Fluffy Rice

Classic 30-35 Minutes • Mild Spice • 5 of your 5 a day

7



Butternut Squash



Basmati Rice



Diced Chicken Thigh



Garlic Clove



Tikka Paste



Tomato Passata



Chicken Stock Paste



Creme Fraiche



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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.

## Cooking tools

Baking tray, saucepan, lid, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	1
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	210g	350g	390g
Garlic Clove**	1	2	2
Tikka Paste	75g	90g	112g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
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	660g	100g	685g	100g
Energy (kJ/kcal)	3266/781	495/118	3180/760	464/111
Fat (g)	28.4	4.3	20.7	3.02
Sat. Fat (g)	11.1	1.7	8.8	1.3
Carbohydrate (g)	102.6	15.5	102.4	14.9
Sugars (g)	22.9	3.5	22.9	3.3
Protein (g)	37.3	5.7	44.9	6.6
Salt (g)	3.27	0.49	3.25	0.47

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, 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

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## Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (no need to peel). Cut into 1cm chunks and pop onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



## Build the Flavour

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Once the **chicken** is browned, add the **garlic** and **tikka paste** to the pan. Fry until fragrant, 1 min.



## Cook the Rice

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).



## Curry Up

Add the **passata**, **chicken stock paste** and **water for the curry** (see pantry for amount) to the pan.

Bring to the boil, then reduce the heat to medium. Simmer until the **sauce** is reduced by half and the **chicken** is cooked through, 5-6 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Stir in the **creme fraiche** and cook until piping hot, then remove from the heat.



## Fry the Chicken

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

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Cook until browned all over, 4-5 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.



## Finish and Serve

Once the **squash** is roasted, gently stir it through the **curry**.

Add a splash of **water** to loosen if you feel it needs it. Taste and add **salt** and **pepper** if needed.

Fluff up the **rice** with a fork, then share between your bowls and top with your **chicken tikka masala**.

Enjoy!