



Ultimate THIS™ Isn't Chicken Tikka Masala

with Spinach, Basmati Rice and Crispy Shallot Topping

Veggie Ultimate 35-40 Minutes • Medium Spice • Veggie

37



Basmati Rice



Garlic Clove



Flat Leaf Parsley



Echalion Shallot



THIS™ Isn't Chicken Plant-Based Pieces



Tikka Paste



Tomato Puree



Vegetable Stock Paste



Baby Spinach



Creme Fraiche

Pantry Items

Oil, Salt, Pepper, Plain Flour, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, garlic press, bowl, slotted spoon and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Echalion Shallot**	1	1½	2
THIS™ Isn't Chicken Plant-Based Pieces** 11)	170g	255g	340g
Tikka Paste	75g	112g	150g
Tomato Puree	30g	45g	60g
Vegetable Stock Paste 10)	10g	15g	20g
Baby Spinach**	40g	60g	80g
Creme Fraiche** 7)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	355g	100g
Energy (kJ/kcal)	3236 / 773	912 / 218
Fat (g)	33.9	9.5
Sat. Fat (g)	15.9	4.5
Carbohydrate (g)	81.7	23.0
Sugars (g)	11.6	3.3
Protein (g)	31.9	9.0
Salt (g)	3.68	1.04

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 11) Soya

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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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).



Start your Curry

Wipe out the **shallot** saucepan and pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **THIS™ Isn't Chicken** to the pan and fry until golden brown, 3-4 mins. Transfer to a plate or bowl for later.

Add the **tikka paste**, **tomato puree** and **garlic** to the (now empty) pan with a drizzle of **oil** if needed. Stir-fry until fragrant, 1-2 mins.



Prep the Veg

While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).

Finely chop the **parsley** (stalks and all).

Halve, peel and thinly slice the **shallot**. Separate the **shallot slices**.

In a small bowl, combine the **shallot slices** and **flour** (see pantry for amount). Toss until coated.



Bring on the Sauce and Veg

Add the **vegetable stock paste**, **sugar** and **water for the curry** (see pantry for both amounts) to the pan. Stir to combine, bring to the boil, then lower the heat. Simmer until the **sauce** has thickened slightly, 1-2 mins.

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

Stir through the **cooked THIS™ Isn't Chicken** and **creme fraiche**. Taste and season with **salt** and **pepper** if needed, adding a splash of **water** if it's a little thick. Simmer until piping hot, 2 mins.



Crispy Shallot Topping Time

Meanwhile, pour enough **oil** into a large saucepan to cover the bottom, then pop it on medium-high heat. **TIP:** Check if the oil is hot enough by adding one shallot slice - if it sizzles, it's ready.

Add the **shallot slices** to the pan. Fry until golden and crispy, 2-4 mins. Turn once or twice, then remove with a slotted spoon and transfer to some kitchen paper to absorb any excess **oil**.

In another small bowl, combine the **cooled crispy shallots** and **parsley**. Set aside your **crispy shallot topping** for serving.



Finish and Serve

When everything's ready, fluff up the **rice** using a fork, then share between your bowls.

Top with your **ultimate THIS™ Isn't Chicken tikka masala**.

Sprinkle over the **crispy shallot topping** to finish.

Enjoy!