



# CHICKEN TIKKA MASALA

over Basmati Rice

## INGREDIENTS

2 PERSON | 4 PERSON



1/2 Cup | 1 Cup  
Basmati Rice



1 | 1  
Yellow Onion



1 Thumb | 2 Thumbs  
Ginger



1/4 oz | 1/4 oz  
Cilantro



1 | 1  
Chili Pepper



10 oz | 20 oz  
Chicken Breast Strips



1 tsp | 2 tsp  
Garlic Powder



2 tsp | 4 tsp  
Garam Masala



1.5 oz | 3 oz  
Tomato Paste



4 oz | 8 oz  
Cream Sauce Base  
Contains: Milk



1 | 2  
Chicken Stock Concentrate

## HELLO

### GARAM MASALA

A versatile, warming, earthy Indian spice blend that includes cumin, coriander, cardamom, cinnamon, black pepper, and ginger



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 660



## SO A-PEEL-ING

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin.

Unlike a vegetable peeler, a spoon allows you to get into ginger's knobby nooks.

## BUST OUT

- Small pot
- Paper towels
- Medium bowl
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (2 tsp | 2 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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\* Chicken is fully cooked when internal temperature reaches 165°.



## 1 COOK RICE & PREP

- Wash and dry all produce.
- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a pinch of **salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.
- Meanwhile, halve and peel **onion**; thinly slice one half (**slice whole onion for 4**). Peel and mince or grate **ginger**. Roughly chop **cilantro**. Thinly slice **chili**.



## 3 MAKE SAUCE

- Stir **ginger** and **garam masala** into pan. Cook, stirring, until fragrant, 30 seconds.
- Stir in **tomato paste**; cook for 1 minute.
- Pour in **½ cup water (1 cup for 4 servings)**, **cream sauce base**, **stock concentrate**, and **1 tsp sugar (2 tsp for 4)**, stirring until smooth. (TIP: Cut top off cream sauce carton to open fully; transfer contents, using a spoon or spatula to scrape sauce from carton sides.) Bring to a boil, then reduce heat to medium low; simmer until sauce is thickened and **chicken** is cooked through, 1-2 minutes. Turn off heat. (If sauce is too thick, add a splash or two more water.)
- Stir in half the **cilantro**. Season with **salt** and **pepper**. TIP: If you like your chicken tikka masala a bit sweeter, add a pinch more sugar.



## 2 COOK ONION & CHICKEN

- Pat **chicken\*** dry with paper towels. Toss in a medium bowl with **garlic powder**, **salt**, and **pepper**.
- Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion** and a pinch of **salt**; cook until slightly softened, 2-3 minutes.
- Add chicken and cook until browned all over, 3-5 minutes (it'll finish cooking in the next step).



## 4 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** and season with **salt** and **pepper**.
- Divide between shallow bowls or plates. Top with **chicken tikka masala**. Garnish with remaining **cilantro** and a pinch of **chili** if desired.