



Cooking Made Easy

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## It's About Time Chicken Tikka Massala

It's about time indeed! Since we started HelloFresh three quick years ago, Patrick has been slaving over a hot stove to create more than 800 new recipes, but this classic seems to have slipped through the net! As ever we're revamping the classic to be healthier AND tastier. Here's to the next 800 recipes - hurrah!



30 min



family box



gluten free



spicy



Brown Rice



Chicken Thighs



Red Onion



Garlic Clove



Red Chilli



Ginger



Cornflour



Tandoori Masala Spice



Organic Chopped Tomatoes



Natural Yoghurt



Coriander

## Ingredients

|                          | 2P | 4P      |
|--------------------------|----|---------|
| Brown Rice               | -  | 2 cups  |
| Chicken Thighs           | -  | 6       |
| Red Onion, diced         | -  | 1 cup   |
| Garlic Clove, diced      | -  | 2       |
| Red Chilli, diced        | -  | 1 tsp   |
| Ginger, diced            | -  | 1½ tbsp |
| Cornflour                | -  | 2 tbsp  |
| Tandoori Masala Spice    | -  | 1½ tbsp |
| Organic Chopped Tomatoes | -  | 2 tins  |
| Natural Yoghurt <b>1</b> | -  | ⅓ cup   |
| Coriander, chopped       | -  | 5 tbsp  |

**Nutrition per serving:** Calories: 587 kcal | Protein: 34g | Carbs: 91g | Fat: 9g | Saturated Fat: 2g

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

## Allergens

1) Milk

2



**1** Boil a large pot of water with ½ tsp of salt for your rice. Once the water is rapidly boiling add the rice. Cook for around 25 mins or until soft enough to eat. Drain the rice and place back in the pan with a cloth over it until you are ready to eat.

for 5 mins. **Tip:** Make sure you do not burn the ingredients - if they are getting too hot add 1 tbsp of cold water and turn the heat down.

3



**2** Chop the chicken into bite-sized chunks. Peel and finely dice both the onion and the garlic. Slice the chilli in half and dice as much as you want in your curry. **Tip:** The spice mix is already slightly hot so go careful if you like it mild.

**6** Add the Masala spice to the onion mix and cook for a further minute. Next add the tinned tomatoes with ¼ tsp of sugar and ¼ tsp of salt. Add the chicken back into the pan. Turn the heat to low and let the mixture gently bubble until slightly thicker.

5



**3** Using the edge of a spoon peel the skin from the ginger. Dice the ginger very finely.

**7** Once the sauce has thickened, add ⅓ of yoghurt and stir. Leave to bubble gently for 5 mins before adding a few tbsp of chopped coriander to the mix.

6



**4** Heat 1 tbsp of oil in a non-stick pan on high heat. **LH:** Toss the chicken pieces in a bowl with the cornflour and a good pinch of salt and pepper. Once the oil is really hot, gently add the chicken into the pan (it'll sputter a bit). Cook for a few mins until golden brown then remove from the pan.

**8** Serve the curry with your rice and a sprinkle of chopped coriander. Ta-daaa!

**5** Turn the heat down to medium-low and add another tbsp of oil. Add the onion, garlic, chilli and ginger and cook gently