



Mimi's Curry Spiced Chicken Breast with Tikka Masala Sauce and Garlic Rice

Chef's Pick 25-30 Minutes • Mild Spice

5



Garlic Clove



Basmati Rice



North Indian
Style Spice Mix



Chicken Breast



Tikka Masala Paste



Tomato Puree



Chicken Stock
Paste



Baby Spinach



Creme Fraiche

Pantry Items

Oil, Salt, Pepper, Butter, 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, baking paper, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Breast**	2	3	4
Tikka Masala Paste	75g	112g	150g
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Creme Fraiche** 7)	75g	150g	150g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3289 / 786	868 / 208
Fat (g)	29.8	7.9
Sat. Fat (g)	14.3	3.8
Carbohydrate (g)	81.0	21.4
Sugars (g)	9.3	2.5
Protein (g)	50.6	13.4
Salt (g)	3.24	0.86

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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Cook the Garlic Rice

Pop a deep saucepan (with a tight-fitting lid) on medium heat with the **butter** (see pantry for amount). Peel and grate the **garlic** (or use a garlic press).

Once the **butter** has melted, add the **garlic** and cook for 1 min.

Stir in the **rice** and cook until coated, 1 min. Add $\frac{1}{4}$ **tsp salt** and the **water for the rice** (see pantry for amount) 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).



Time to Fry

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

Once the **oil** is hot, lay in the **chicken**. Fry until golden brown and cooked through, 5-6 mins on each side. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Once cooked, transfer the **chicken** to a board, cover with foil, and allow to rest while you make the **sauce**.

Wipe out the (now empty) pan and pop on medium heat.



Mix the Spiced Flour

While the **rice** cooks, put the **flour** (see pantry for amount) and **North Indian style spice mix** in a shallow bowl. Season with **salt** and **pepper**, then mix to combine.



Coat the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick.

Add the **chicken** to the bowl of **spiced flour**, then toss to ensure an even coating. Repeat for the other **breast(s)**.

Discard any **spiced flour** left in the bowl. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



Make the Tikka Sauce

Once hot, add the **tikka paste** and **tomato puree** to the pan. Cook, stirring, for 1-2 mins.

Stir in the **chicken stock paste**, **sugar** and **water for the curry** (see pantry for both amounts). Bring to the boil, then lower the heat. Simmer until thickened, 2-3 mins.

Once thickened, stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Mix in the **creme fraiche** until combined, then remove from the heat. Add a splash of **water** if it's a little too thick.



Finish and Serve

Taste the **tikka sauce** and season with **salt** and **pepper** if needed.

Thinly slice the **spiced chicken** widthways.

Fluff up the **garlic rice** with a fork and spoon into your bowls, then top with the **tikka sauce** and **sliced chicken**.

Enjoy!