



Ultimate Chicken Tikka and Cumin Rice

with Crispy Shallot Topping and Garlic Coriander Naan

35

Ultimate 40-45 Minutes • Mild Spice



Basmati Rice



Cumin Seeds



Garlic Clove



Echalion Shallot



Coriander



Red Chilli



Tikka Paste



Tomato Puree



Diced Chicken Breast



Plain Naan



Creme Fraiche

Pantry Items
Oil, Salt, Pepper, Butter, Sugar

Before you start

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

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Cumin Seeds	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Echalion Shallot**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Tikka Paste	75g	84g	112g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Diced Chicken Breast**	280g	420g	560g
Plain Naan 7) 13)	2	3	4
Creme Fraiche** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	½ tsp	1 tsp
Water for the Curry*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	471g	100g
Energy (kJ/kcal)	4183/1000	889/212
Fat (g)	31.6	6.7
Sat. Fat (g)	14.1	3
Carbohydrate (g)	124.1	26.4
Sugars (g)	11	2.3
Protein (g)	52.3	11.1
Salt (g)	2.75	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

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

Preheat your oven to 220°C/200°C fan/gas mark 7.
Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice, cumin seeds** 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).



Make the Chicken Curry

Keep **2 tbsps** of the **shallot oil** and discard the rest. Pop the pan back on medium-high heat.

Once hot, add the **tikka paste, tomato puree** and **half the garlic**. Cook, stirring, for 2-3 mins.

Stir in the **chicken, sugar** and **water for the curry** (see ingredients for both amounts). Bring to the boil, then lower the heat. Season with **salt** and **pepper**.

Simmer with the lid on until the **sauce** has thickened and the **chicken** is cooked through, 15-20 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.**



Prep the Veg

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

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

Finely chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed, then thinly slice.

Remove the **butter** (see ingredients for amount) from your fridge.



Flavour the Naans

While the **curry** simmers, combine the **butter** (see ingredients for amount), remaining **garlic** and **coriander** in a small bowl.

Season with **salt** and **pepper**, then spread the **flavoured butter** over the **naans**.

When 5 mins of cooking time remain, pop the **naans** into the oven to warm through, 2-3 mins.



Crisp the Shallots

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** and fry until golden and crispy, 3-5 mins. Turn once or twice, then remove with a slotted spoon and transfer to some kitchen paper to absorb any excess oil.

In a medium bowl, mix together the **chilli** (use less if you'd prefer things milder), **cooled crispy shallots** and **half the coriander**. Set your **curry topping** aside.



Finish and Serve

Once the **curry** is ready, stir through the **creme fraiche**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.

Fluff up the **rice** using a fork, then share between your bowls. Top with your **ultimate chicken tikka**, then sprinkle with as much of the **curry topping** as you'd like.

Serve the **garlic coriander naans** alongside.

Enjoy!