

# Chicken Tikka Masala

## with Cucumber Salad

hellóchef

No need to order this take-away classic when you can cook it at home!

Cals 881 • Prot 64 • Carbs 100 • Fat 32

Weekly Classic

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🕒 cook: 30 min

R3479





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Brown onion	1	1	2	Piece
Ghee 4*	30	45	60	Grams
Salt	0.5	0.5	1	Tsp
Ginger garlic paste	10	15	20	Grams
Smoked paprika powder	2	2	4	Grams
Curry powder	5	8	10	Grams
Garam masala	2	2	5	Grams
Chipotle powder	2	2	4	Grams
Water	200	250	400	ML
Tomato paste	70	70	140	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Cooking cream 4*	100	200	200	ML
Honey	15	15	30	Grams
Rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Cucumber salad				
Cucumber	2	3	4	Piece
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece
Salt	0.5	0.5	1	Tsp

Allergens

\*4 Milk, \*5 Eggs, \*9 Soya, \*15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3679 / 881
Fat (g)	31.7
of which saturates (g)	19.8
Carbohydrate (g)	100
of which sugars (g)	15.7
Fiber (g)	7.9
Protein (g)	63.5
Salt (g)	3.7

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Slice the **chicken breast** into goujons. Peel and finely chop the **brown onion**.



2 Make sauce

Heat a large non-stick pan over a medium-low heat with the **ghee**. Once hot, add the **onion** with a pinch of **salt**. Fry for 7-8 min until softened. Once softened, add the **chicken, ginger garlic paste, smoked paprika, curry powder, garam masala** and **chipotle powder (spicy!)**. Fry for 2 min. Add the **measured water, tomato paste** and **stock cube** and simmer for 10 min.



3 Boil rice

Meanwhile, rinse the **basmati rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



4 Prep cucumber salad

Meanwhile, chop the **cucumber** into small chunks. Finely chop the **coriander**. Slice the **lime** into wedges. Mix the **cucumber** and **coriander** together in a bowl with a pinch of **salt**. Add a squeeze of **lime** juice.



5 Finish sauce

Once the **chicken** is cooked, add the **cooking cream** and **honey** to the pan. Simmer for a final 5 min or until the sauce begins to thicken up.

**Tip!** Use any leftover cream later in the week for omelettes, scrambles, sauces or simply for pouring over fresh strawberries!



6 Serve

Serve the **chicken curry** over the **basmati rice** with the **cucumber salad** to the side. Serve any remaining **lime** wedges as a garnish.