MARLEY SPOON

Tray Bake: Chicken Tikka Masala

with Peas & Basmati Rice

40-50min 2 Servings

This dinner shortcut is no work, all flavor. Just mix the ingredients in our easy-to-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. We first bake the rice in that classically creamy tikka masala sauce, then top it with tandoori-spiced chicken strips. Let it broil until cooked through, then finish with a sprinkle of cilantro.

What we send

- 8 oz tomato sauce
- 3 oz mascarpone [7]
- ¼ oz garam masala
- 5 oz basmati rice
- 10 oz pkg chicken breast strips
- ¼ oz tandoori spice
- 2½ oz peas
- ¼ oz fresh cilantro
- aluminum foil tray

What you need

- kosher salt & ground pepper
- sugar
- olive oil

Tools

- aluminium foil

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 31g, Carbs 76g, Protein 45g

1. Bake rice

Preheat oven to 375°F with a rack in the top position.

In tray, whisk together **tomato sauce, mascarpone, garam masala**, and **1 teaspoon each of salt and sugar**. Stir in **rice** and **½ cup water**. Cover tray with foil. Bake on top oven rack until rice is tender, 30–35 minutes. Remove from oven and switch oven to broil.

2. Broil chicken

Meanwhile, pat **chicken** dry. Toss in a small bowl with **tandoori spice** and **1 tablespoon oil**; season with **salt** and **pepper**.

Once **rice** is cooked, add **peas** to tray and mix with a fork. Season to taste with **salt** and **pepper**. Scatter chicken in a single layer on top of rice. Broil on top oven rack until chicken is browned in spots and cooked through, 4–6 minutes.

3. Chop cilantro & serve

Finely chop **cilantro leaves and stems**.

Serve **chicken tikka masala** with **cilantro** sprinkled over top. Enjoy!

4. ...

Looking for more steps?

5. ...

You won't find them here!

6. ...

Enjoy your Martha Stewart & Marley Spoon meal!