



## Make it Carb Conscious

Chicken Tikka Masala



30min



2 Servings

| We made this recipe carb conscious by customizing with cauliflower.



## What we send

- 5 oz peas
- 1 yellow onion
- 1 oz fresh ginger
- ¼ oz fresh cilantro
- 10 oz pkg chicken breast strips
- ¼ oz curry powder
- 6 oz tomato paste
- 4 oz mascarpone <sup>7</sup>
- 1 head cauliflower

## What you need

- kosher salt & ground pepper
- butter <sup>7</sup>
- olive oil
- sugar
- garlic

## Tools

- medium nonstick skillet
- medium Dutch oven or pot

## Cooking tip

Want to see helpful cooking tips, tricks, and bonus Marley Spoon content? Follow us on Instagram @marleyspoon or TikTok @marleyspoonus for more!

## Allergens

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

## Nutrition per serving

Calories 790kcal, Fat 57g, Carbs 38g, Protein 46g



### 1. Prep cauliflower rice

Halve **cauliflower**. Holding the stem end, grate one half of the cauliflower (save rest for own use) on the slicing part of a box grater, creating small bits that resemble rice; measure out 4 cups of the cauliflower rice. (Alternatively, cut cauliflower into florets and pulse in food processor until riced.)



### 4. Sauté aromatics

Heat **1 tablespoon each of butter and oil** in same pot over medium-high. Add **chopped onions** and cook, stirring, until golden, 2-3 minutes. Stir in **chopped ginger, garlic, cilantro stems** and **all of the curry powder**; cook, stirring, until fragrant, about 1 minute.

Add **2 tablespoons tomato paste** and **2 teaspoons sugar**; cook, stirring, until paste turns brick-red, 1-2 minutes.



### 2. Prep ingredients

Finely chop **½ cup onion**, **1 tablespoon peeled ginger**, and **2 teaspoons garlic**. Pick **cilantro leaves** from **stems**; finely chop stems, keep leaves whole.

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and **peas**; cook, stirring, until tender, about 5 minutes. Season with **salt and pepper**. Transfer to a bowl; cover, set aside.



### 5. Simmer sauce

Add **1 cup water** and **a pinch each of salt and pepper** to pot; bring to a boil over high heat. Reduce heat to medium, then add **chicken and any resting juices**. Simmer, stirring occasionally, until sauce is thickened and chicken is cooked through, 3-4 minutes.

Remove from heat, then stir in **mascarpone** until incorporated. Season to taste with **salt and pepper**.



### 3. Brown chicken





Pat **chicken** dry and season all over with **salt and pepper**. Melt **1 tablespoon each of butter and oil** in a medium Dutch oven or pot over medium-high heat. Add **chicken** and cook, without stirring, until golden brown on the bottom, but not cooked through, about 3 minutes. Transfer chicken to a plate.



### 6. Serve

Spoon **rice** into bowls and top with **chicken tikka masala**. Garnish with **whole cilantro leaves**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)     **#marthaandmarleyspoon**