



Chicken Tikka Masala with Brown Rice

Peas & Cilantro



30min



2 Servings

This 30-minute chicken tikka is a speedy version for busy weeknights, and it packs the same flavorful punch. We simmer tender chicken strips in a tomato-based sauce spiced with curry powder and fragrant aromatics like garlic, ginger, onions, and cilantro. Fluffy brown rice studded with sweet green peas is the perfect side to soak up the creamy curry and cilantro leaves on top before serving to add a fresh, herbaceous pop.

What we send

- 5 oz quick-cooking brown rice
- 5 oz peas
- 1 yellow onion
- 1 oz fresh ginger
- ¼ oz fresh cilantro
- ¼ oz curry powder
- 6 oz tomato paste
- 3 oz mascarpone ⁷
- 10 oz pkg chicken breast strips
- garlic

What you need

- kosher salt & ground pepper
- butter ⁷
- olive oil
- sugar

Tools

- small saucepan
- medium Dutch oven or pot

Cooking tip

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Allergens

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

Nutrition per serving

Calories 980kcal, Fat 56g, Carbs 79g, Protein 47g



1. BROWN RICE VARIATION

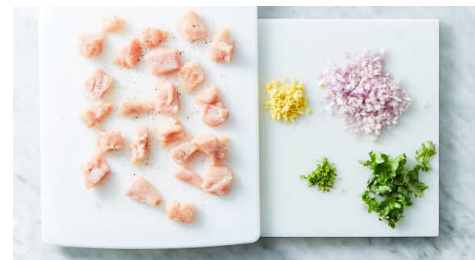
Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Add **peas** and cook 2 more minutes. Drain rice and peas in a fine-mesh sieve. Keep covered until ready to serve.



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**. Finely chop **1 tablespoon peeled ginger** and **2 teaspoons garlic**.

Pick **cilantro leaves** from **stems**; finely chop stems, keeping leaves whole.

Pat **chicken** dry and season all over with **salt** and **pepper**.



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

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

Fluff **rice** with a fork, incorporating **peas**. Spoon **rice** into bowls and top with **chicken tikka masala**. Garnish with **whole cilantro leaves**. Enjoy!