

MARLEY SPOON



Family Friendly! Chicken Tikka Masala

with Basmati Rice & Kachumber Salad

 1h  2 Servings

This chicken tikka masala begins by marinating chicken in a flavorful blend of yogurt, ginger, garlic, tandoori spice, and garam masala. Then, we broil the chicken until lightly charred before adding to the simmering, aromatic tomato-based sauce. As a fresh accompaniment, we make kachumber—a mix of diced garam masala-marinated cucumbers and tomatoes tossed with cilantro, red onion, and lemon juice.

What we send

- 1 oz fresh ginger
- garlic
- 4 oz Greek yogurt ⁷
- ¼ oz tandoori spice
- 2 (¼ oz) garam masala
- 2 (12 oz) pkgs boneless, skinless chicken breasts
- 2 (5 oz) basmati rice
- 1 cucumber
- 2 plum tomatoes
- 1 red onion
- 1 oz fresh cilantro
- 6 oz tomato paste
- 3 oz mascarpone ⁷
- 1 lime

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- microplane or grater
- medium saucepan
- fine-mesh sieve
- large pot
- aluminium foil
- rimmed baking sheet

Cooking tip

Want to get ahead on prep while maxing out on flavor? The chicken can be marinated for up to 24 hours. Just keep covered in the fridge until ready to broil.

Allergens

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

Nutrition per serving

Calories 770kcal, Fat 27g, Carbs 83g, Protein 53g



1. Marinate chicken

Finely grate **1½ tablespoons ginger** and **4 medium garlic cloves**, keeping separate. In a large bowl, whisk together **yogurt, tandoori spice, 1 teaspoon garam masala, 1 tablespoon grated ginger, half of the garlic, 2 tablespoons oil, and 2 teaspoons salt**. Pat **chicken** dry, then add to bowl with **marinade**; mix to coat. Set aside to marinate.



4. Cook sauce

Cook **aromatics**, stirring frequently, until fragrant, 2-3 minutes. Add **all of the tomato paste**; cook, stirring, until slightly darkened, 2-3 minutes. Add **2 cups water** and **1 tablespoon sugar**. Bring to a boil, then simmer on medium-low until slightly reduced and flavors have melded, 10 minutes. Remove from heat and whisk in **mascarpone**; season to taste with **salt and pepper**.



2. Cook rice; prep

In a medium saucepan, combine **rice** and **2 cups water**. Bring to a boil. Cover and cook over low heat until liquid is absorbed, 17-20 minutes. Keep covered off heat.

Peel **cucumber** if desired. Halve lengthwise and remove seeds; cut into ½-inch pieces. Cut **tomatoes** into ½-inch pieces. Finely chop **onion**. Finely chop **cilantro leaves and stems**.



5. Cook chicken

Meanwhile, preheat broiler to high with a rack 6 inches away from heat. Transfer **marinated chicken** to a foil-lined rimmed baking sheet. Broil on top rack until chicken is deeply browned, charred in spots, and cooked through, 8-10 minutes (watch carefully as broilers vary). Remove from oven; rest for 5 minutes. Pour **any juices from baking sheet** into **sauce**.



3. Begin sauce

In a fine mesh strainer set over a bowl, toss **cucumbers** and **tomatoes** with ¼ **teaspoon garam masala** and **1 teaspoon salt**. Set aside to drain.

Meanwhile, in a large pot, heat **3 tablespoons oil** over medium until shimmering. Add **half of the onion** and cook, stirring frequently, until golden brown, 8-10 minutes. Add **remaining ginger, garlic, and garam masala**.



6. Finish & serve

Cut **chicken** into 1-inch pieces; add to **sauce**. Stir over medium heat until chicken and sauce are warm. Stir in **half of the cilantro**.

Discard **liquid** from **cucumbers and tomatoes**. Wipe out bowl then add cucumbers, tomatoes, **remaining onions and cilantro**, and **1 tablespoon lime juice**; season to taste. Serve **chicken tikka masala** with **rice** and **salad**. Enjoy!