



Chicken Tikka Masala

with Peas & Rice



30min



2 Servings

This crowd-pleasing classic is deeply flavorful and quick to make! What could be more appealing than a spiced tomato sauce that coats lean chicken resting on steamy jasmine rice? Garam masala, a warm Indian spice blend, flavors the chicken and sauce along with fresh ginger, garlic, and cilantro. Butter and sour cream bring velvety creaminess to the sauce while green peas add pops of color.

What we send

- 5 oz jasmine rice
- 1 yellow onion
- 1 oz fresh ginger
- garlic
- ¼ oz fresh cilantro
- 10 oz pkg chicken breast strips
- ¼ oz garam masala
- 8 oz tomato sauce
- 2½ oz peas
- 2 (1 oz) sour cream ⁷

What you need

- kosher salt & ground pepper
- neutral oil
- unsalted butter ⁷
- sugar

Tools

- small saucepan
- microplane or grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 800kcal, Fat 31g, Carbs 85g, Protein 43g



1. Cook rice

In a small saucepan, combine **rice, 1¼ cups water** and **a pinch of salt**; bring to a boil over high heat. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



4. Simmer sauce

Add **ginger** and **garlic** to skillet; cook, stirring often until aromatic, 1-2 minutes. Add **remaining garam masala** and cook until aromatic, about 30 seconds. Add **tomato sauce, ¼ cup water** and **2 teaspoons sugar**; bring to a boil. Lower heat to medium-low and simmer for 5 minutes.



2. Prep ingredients

Finely chop **half of the onion** (save rest for own use). Finely grate **half of the ginger** and **2 medium garlic cloves**. Pick **cilantro leaves** from **stems**; finely chop stems and reserve for step 5.

Pat **chicken** dry; cut into 1-inch pieces if necessary, then toss with **1 teaspoon garam masala** and **a pinch each of salt and pepper**.



5. Finish sauce

Stir **chicken, peas, and cilantro stems** into skillet; cook until peas are tender and chicken is warmed through, 1-2 minutes. Stir in **sour cream** and **1 tablespoon butter** until sauce is creamy; remove from heat. If sauce is too thick, loosen with a couple tablespoons of water. Season to taste with **salt** and **pepper**.



3. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned, about 3 minutes. Stir; cook until cooked through, 2 minutes more. Transfer to a plate. Return skillet to medium-high heat with **2 tablespoons butter**. Add **onions** and **a pinch of salt**. Cook, stirring frequently, until softened and browned, 4-5 minutes.



6. Serve

Fluff **rice** with a fork and divide between bowls. Top with **chicken tikka masala**. Garnish with **cilantro leaves**. Enjoy!