

DINNERLY



Chicken Tikka Masala with Brown Rice



40-50min



2 Servings

Warm and cozy dinners like this are the reason we're in such a rush to get home after a long day. Saucy, creamy, tender, juicy, and 1000% delicious—those are all the adjectives we'd use to describe this tikka masala. We've got you covered!

WHAT WE SEND

- 5 oz brown rice
- 1 yellow onion
- ¼ oz fresh cilantro
- ½ lb pkg chicken breast strips
- ¼ oz garam masala
- 8 oz tomato sauce
- 3 oz mascarpone ¹

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- butter ¹
- sugar

TOOLS

- medium saucepan
- medium skillet

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 750kcal, Fat 40g, Carbs 75g, Protein 38g



1. BROWN RICE VARIATION

Bring a medium saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, 35–40 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



2. Prep veggies & chicken

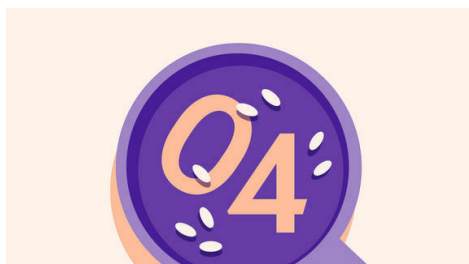
Finely chop **half of the onion** (save rest for own use). Finely chop **2 teaspoons garlic**. Finely chop **cilantro leaves and stems**.

In a small bowl, toss **chicken** with **1 teaspoon garam masala**; season with **salt** and **pepper**.



3. Cook chicken

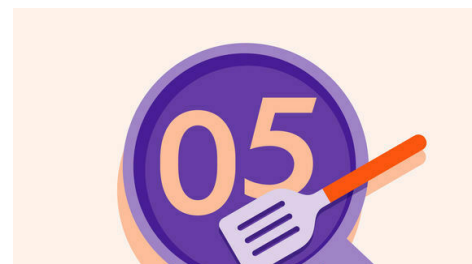
In a medium skillet, heat **1 tablespoon oil** over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and continue cooking until cooked through, about 2 minutes more. Transfer to a plate.



4. Cook onions & aromatics

To same skillet, add **onions**, **1 tablespoon butter**, and **a pinch of salt**. Cook, stirring frequently, until lightly golden and softened, 3–5 minutes.

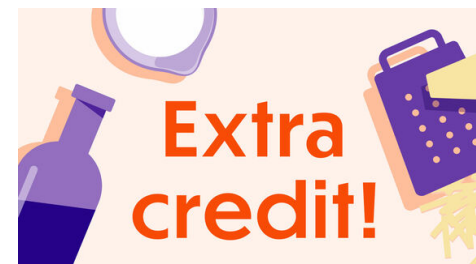
Add **chopped garlic** and **remaining garam masala**; cook, stirring frequently, until fragrant, about 1 minute.



5. Finish sauce & serve

To skillet with **onions**, add **tomato sauce**, **¼ cup water**, and **1 teaspoon sugar**; bring to a boil over high heat. Reduce heat to medium and simmer until sauce is reduced by half, 2–4 minutes. Whisk in **mascarpone** until smooth; season to taste with **salt** and **pepper**. Stir in **chicken**.

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



6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ⅓ lower when cooking with meal kits.