



HELLO
FRESH

Creamy Gobi Matar Chicken Tikka Masala

with Basmati Rice

Preparation time : 20 min.



Cauliflower

Florets



Basmati Rice



Tikka Masala

Paste



Vegetable

Stock Paste



Peas



Diced British

Chicken Breast



Butter



North Indian

Style Spice Mix



Garlic Clove



Tomato Passata



Creme Fraiche



Mango Chutney



Water for the
Curry



What did you think of this recipe?
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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/creamy-gobi-matar-chicken-tikka-masala-67>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Large Saucepan, Lid, Kettle, Sieve, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Cauliflower Florets (grams)	300	450	600
North Indian Style Spice Mix (sachet(s))	1	1	2
Basmati Rice (grams)	150	225	300
Garlic Clove (unit(s))	2	3	4
Tikka Masala Paste (grams)	75	112	150
Tomato Passata (carton(s))	1	1½	2
Vegetable Stock Paste (grams)	10	15	20
Creme Fraiche (grams)	75	150	150
Peas (grams)	120	180	240
Mango Chutney (grams)	40	60	80
Diced British Chicken Breast (grams)	240	390	480
Water for the Curry (milliliter(s))	75	120	150
Butter (grams)	20	30	40

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3695 kJ
Energy (kcal)	883 kcal
Fat	32.7 g
of which saturates	14.7 g
Carbohydrate	106.3 g
of which sugars	27 g
Dietary Fibre	11.7 g
Protein	47.1 g
Salt	3.92 g

Allergens

Milk

Always check the product labels for allergen information.



Roast the Cauliflower

- a) Preheat your oven to 240°C/220°C fan/gas mark 9. Fill and boil your kettle for the **rice**.
- b) Halve any large **cauliflower florets**. Pop them onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, then sprinkle over **half** the **North Indian style spice mix**.
- c) When the oven is hot, roast on the top shelf until golden and tender, 15-18 mins. Turn halfway through.



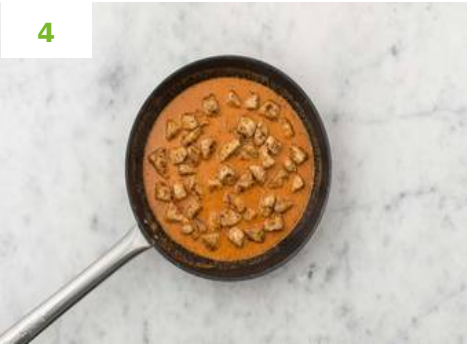
Cook the Rice

- a) While the **cauli** roasts, pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- b) Add the **rice** and cook for 10-12 mins.
- c) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Build the Flavour

- a) Meanwhile, peel and grate the **garlic** (or use a garlic press).
- b) Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- c) Once hot, add the **chicken** to the pan and season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
- d) Cook until browned all over, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- e) Add the **tikka masala paste**, **garlic** and remaining **North Indian style spice mix**. Stir-fry until fragrant, 30 secs.



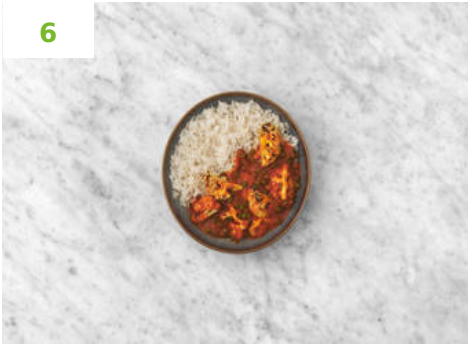
Simmer and Stir

- a) Pour the **passata**, **veg stock paste** and **water for the curry** (see pantry for amount) into the pan.
- b) Stir through the **creme fraiche**.
- c) Bring to the boil, then turn the heat down slightly. Simmer until thickened, 4-5 mins, stirring occasionally. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Bring on the Veg

- a) Once the **sauce** has thickened, stir through the **peas**, **mango chutney** and **butter** (see pantry for amount).
- b) Once cooked, gently stir the **roasted cauliflower** through the **sauce**.
- c) Cook until piping hot, 1-2 mins, then remove from the heat.
- d) Taste and season with **salt** and **pepper** if needed.



Serve

- a) When everything's ready, fluff up the **rice** with a fork, then share between your bowls.
- b) Spoon over the **chicken**, **cauliflower** and **pea tikka masala**.

Enjoy your meal!