



Chicken Tikka Masala

with Cauliflower and Basmati Rice



20-30min



2 Portions

Making curry from scratch is a chore - you require so many spices and some of them need to be individually roasted and ground. Enter Patak's tikka masala paste, where all the hard work's been done for you. Just simmer with yoghurt, tomato and chicken, add some cashews and a bit of butter for richness, scatter with fragrant coriander and boom: a brilliant curry in no time at all.

What we send

- basmati rice
- Pataks tikka masala
- coriander, ginger
- onion
- Greek-style yoghurt ⁷
- diced tomatoes
- free-range chicken breast fillet
- roasted cashews ¹⁵
- cauliflower

What you'll require

- butter ⁷
- olive oil
- sugar
- water
- white vinegar

Utensils

- medium saucepan with lid
- saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 930kcal, Fat 38.1g, Carbs 85.7g, Proteins 53.2g



1. Prepare ingredients

Remove the **yoghurt** from the fridge. Bring a medium saucepan of salted water to the boil for the rice. Peel and finely grate the **ginger**. Finely chop the **onion**. Cut **half the cauliflower** into 2cm florets. Coarsely grate the **remaining cauliflower**.



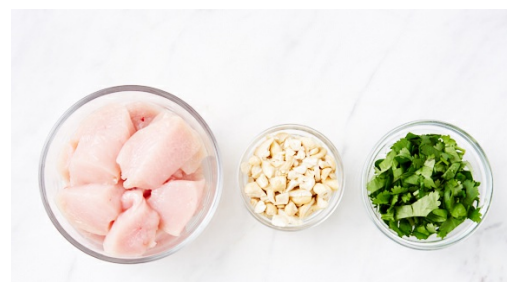
4. Cook rice

Meanwhile, cook the **rice** in the pan of boiling water for 8 mins. Add the **grated cauliflower** and cook for a further 4 mins or until the rice is tender. Drain well and cover to keep warm.



2. Cook curry paste

Heat **1 tbs vegetable oil** in a large saucepan over medium heat. Cook the **onion** and **ginger**, stirring, for 3 mins or until softened. Add **1 tikka masala paste pot** (the remaining pot won't be used in this dish) and cook, stirring, for 1-2 mins until fragrant.



5. Prepare chicken

While the rice is cooking, coarsely chop the **cashews**. Coarsely chop the **coriander**, including the stems. Cut the **chicken** into 2cm chunks.



3. Simmer sauce

Add the **cauliflower florets, tomatoes, yoghurt, 1 tsp sugar, 2 tsp white vinegar** and **60ml (1/4 cup) water** to the pan and stir to combine. Cover with a lid, bring to a simmer over medium-low heat and cook for 10 mins.



6. Cook chicken

Stir the **chicken** and **20g butter** into the sauce and cook, uncovered and stirring occasionally, for 5-7 mins until the chicken is cooked through and the cauliflower is tender. Divide the **cauliflower rice** and **chicken tikka masala** among bowls. Scatter over the **coriander** and **cashews** to serve.