



Apricot Chicken Tikka & Spinach Rice with Tomato Salsa & Cashews

NEW

Grab your Meal Kit
with this symbol



Garlic



Basmati Rice



Baby Spinach
Leaves



Cucumber



Tomato



Mumbai Spice
Blend



Apricot Sauce



Crushed Roasted
Cashews



Chicken Breast



Greek-Style
Yoghurt

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Tick this off your want-to-eat list tonight because this chicken tikka will blow you away. We've even added an apricot sauce to glaze the chicken for that fruit hit we all love. The lush green of the spinach rice will soak up it all up and leave you feeling very satisfied.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
baby spinach leaves	1 medium bag	1 large bag
cucumber	1 (medium)	1 (large)
tomato	1	2
chicken breast	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
apricot sauce	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
crushed roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3126kJ (747Cal)	616kJ (147Cal)
Protein (g)	45.4g	8.9g
Fat, total (g)	23.8g	4.7g
- saturated (g)	10g	2g
Carbohydrate (g)	87.4g	17.2g
- sugars (g)	16.8g	3.3g
Sodium (mg)	459mg	90mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.
- Stir in **baby spinach leaves** and cover to keep warm.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Cook the chicken

- When the rice has **10 minutes** remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove from heat, add **apricot sauce** and a splash of **water**, tossing **chicken** to coat.

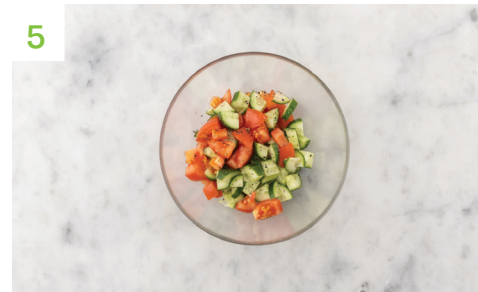
2



Get prepped

- Meanwhile, roughly chop **cucumber** and **tomato**.
- Cut **chicken breast** into 2cm chunks. In a medium bowl, combine **chicken**, **Mumbai spice blend**, a pinch of **salt** and a drizzle of **olive oil**.

5



Toss the salsa

- Meanwhile, combine **cucumber**, **tomato** and a drizzle of **olive oil** and **white wine vinegar** in a second medium bowl. Season with **salt** and **pepper**.

3



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** and the remaining **garlic** over medium-high heat. Cook until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl. Add **Greek-style yoghurt** and stir to combine. Season to taste.

6



Serve up

- Divide spinach rice between bowls.
- Top with apricot chicken tikka and tomato salsa.
- Spoon over garlic yoghurt and garnish with **crushed roasted cashews** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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