



CAULIFLOWER & CHICKPEA TIKKA MASALA

with Rice, Yogurt & Cilantro

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Cauliflower Florets



1 | 1
Yellow Onion



1 | 2
Chickpeas



¼ oz | ½ oz
Cilantro



1 TBSP | 2 TBSP
Curry Powder



½ Cup | 1 Cup
Jasmine Rice



1 tsp | 1 tsp
Garam Masala



5 oz | 10 oz
Curry Sauce Base
Contains: Milk



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 890



10 oz | 20 oz
Chicken Breast
Strips

Calories: 940



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 740



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HELLO





GARAM MASALA

A versatile, warming, and earthy Indian spice blend

THE RICE IS RIGHT

The key to tender rice? Simmer until no water remains (no peeking!), then let it sit covered off heat so the moisture redistributes.

BUST OUT


- Strainer
- Small pot
- Medium bowl
- Large pan
- Baking sheet
- Paper towels  
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)  
- Sugar (½ tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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 *Shrimp are fully cooked when internal temperature reaches 145°.

 *Chicken is fully cooked when internal temperature reaches 165°.




1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **cauliflower florets** into bite-size pieces if necessary. Halve, peel, and finely dice **half the onion (whole onion for 4 servings)**. Drain **chickpeas**, reserving **¼ cup liquid (½ cup for 4)**. Pick **cilantro leaves** from stems.



2 ROAST CAULIFLOWER

- In a medium bowl, toss **cauliflower** with a **large drizzle of olive oil**, **curry powder**, and a **couple big pinches of salt** until coated.
- Spread cauliflower out on a baking sheet; roast on top rack until tender, 20-25 minutes.

-  Rinse **shrimp*** under cold water. Pat shrimp or **chicken*** dry with paper towels and season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken in a single layer; cook, stirring occasionally, until cooked through, 3-5 minutes for shrimp, or 4-6 minutes for chicken. Turn off heat; transfer to a plate. Wipe out pan.





3 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 START TIKKA MASALA

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and a **pinch of salt and pepper**; cook, stirring occasionally, until lightly browned, 4-5 minutes.
- Add **chickpeas** and **half the garam masala (all for 4 servings)**; cook, stirring occasionally, until fragrant, 1-2 minutes.

-  Use pan used for shrimp or  chicken here.



5 FINISH TIKKA MASALA

- Stir in **curry sauce base**, **reserved chickpea liquid**, **½ tsp sugar (1 tsp for 4 servings)**, and **¼ cup water (½ cup for 4)** to pan with **chickpeas**. Cook, stirring occasionally, until thickened, 1-2 minutes.
- Remove from heat; stir in **2 TBSP butter (4 TBSP for 4)** until melted. Taste and season with **salt** and **pepper**.

-  Stir **shrimp** or **chicken** into pan with  **chickpeas**.



6 SERVE

- Fluff **rice** with a fork; divide between one side of each bowl. Serve **tikka masala** next to rice. Arrange **cauliflower** in the middle. Drizzle with **yogurt**. Sprinkle with **cilantro leaves** and serve.

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