

DINNERLY



Kid Approved: Chicken Tikka Mac 'n' Cheese

with Green Peas



30 minutes



2 Servings

Keep the kids happy – and the adults too! Simply choose our 'kid-approved' recipes filled with crowd-pleasing flavours and ingredients, then watch the whole family tuck in. You can thank us later!

WHAT WE SEND

- 1 onion
- 50g cheddar ²
- chicken tenderloins
- 10g masala seasoning ³
- 200g macaroni pasta ^{1,4}
- 150g peas

WHAT YOU NEED

- 2 tsp vegetable oil
- 625ml (2½ cups) boiling water
- 20g butter ²
- 1 tbs plain flour ^{1,4}
- 60ml (¼ cup) milk ²

TOOLS

- box grater
- medium saucepan
- medium frypan

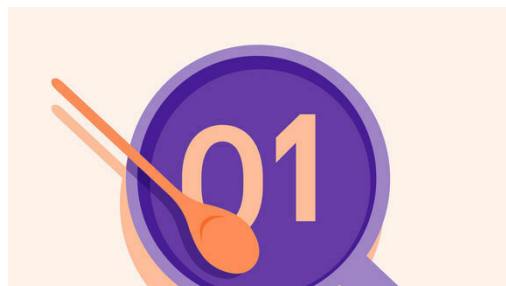
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (2), Sulphites (3), Wheat (4). May contain traces of other allergens.

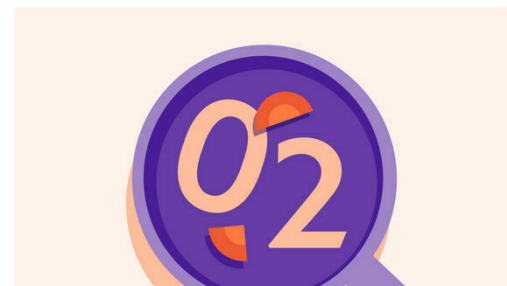
NUTRITION PER SERVING

Energy 855kcal, Fat 24.9g, Carbs 88.3g, Protein 58.7g



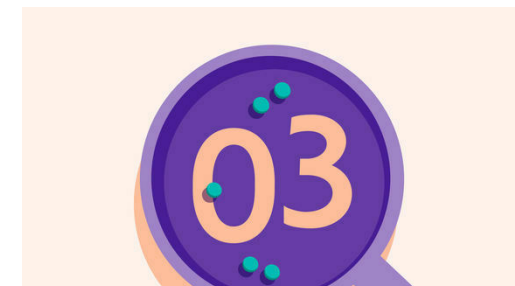
1. Prep ingredients

Finely chop the **onion**. Coarsely grate the **cheese**. Thinly slice the **chicken**. Put **half the masala seasoning** and **2 tsp vegetable oil** in a large bowl. Add the chicken, season with **salt and pepper** and stir to combine. To make the stock, put the **remaining masala seasoning** and **625ml (2½ cups) boiling water** in a heatproof jug and stir to dissolve.



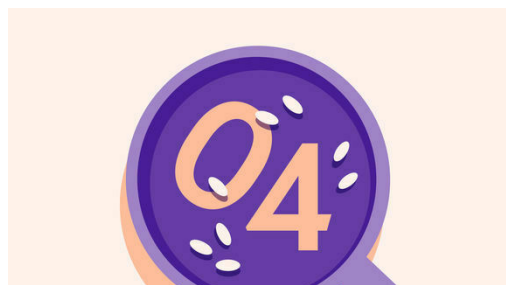
2. Soften onion

Melt **20g butter** in a medium saucepan over medium heat. Cook the **onion**, stirring, for 3-4 mins until softened. Season with **salt and pepper**. Add **1 tbs plain flour** and cook, stirring, for 1-2 mins until golden. Stir in the **masala stock** and **60ml (¼ cup) milk** and bring to the boil.



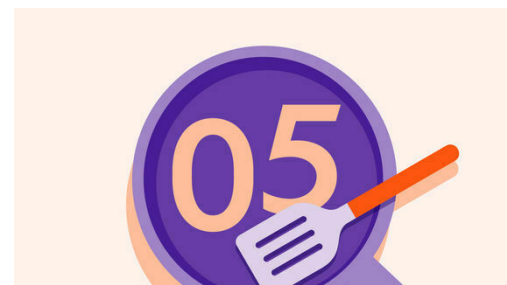
3. Cook pasta

Stir the **pasta** into the onion mixture. Reduce the heat to medium and cook, stirring occasionally (see Kitchen 101), for 8 mins. Add the **peas** and cook, stirring occasionally, for 2-4 mins until the pasta and peas are tender and the liquid is almost absorbed. Remove the pan from the heat. Stir in the **cheese**. Taste, then season with **salt and pepper**.



4. Cook chicken

Meanwhile, heat a medium frypan over medium-high heat. Cook the **chicken**, stirring, for 2-3 mins until browned and cooked through. Remove from the pan.



5. Serve up

Stir the **chicken** into the pasta mixture. Taste, then season with **salt and pepper**. Divide the **chicken tikka mac 'n' cheese** among bowls and enjoy!



6. Kitchen 101

It's important to stir the pasta every now and then to prevent it from sticking to the base of the pan.