



# Tandoori Chicken and Potato Traybake

with Tomatoes and Yoghurt Drizzle

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day

45



Garlic Clove



Chicken Thighs



Korma Curry Paste



Low Fat Natural Yoghurt



Potatoes



Green Pepper



White Cumin Seeds



Chilli Flakes



Baby Plum Tomatoes



Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Olive Oil

#### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, bowl and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Chicken Thighs**	4	6	8
Korma Curry Paste 9)	50g	75g	100g
Low Fat Natural Yoghurt** 7)	75g	150g	150g
Potatoes	450g	700g	900g
Green Pepper**	1	1½	2
White Cumin Seeds	1 sachet	1½ sachets	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches
Baby Plum Tomatoes	125g	190g	250g
Chicken Breast**	2	3	4
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil*	½ tbsp	1 tbsp	1½ tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	622g	100g	582g	100g
Energy (kJ/kcal)	3034 / 725	488 / 117	2159 / 516	371 / 89
Fat (g)	35.0	5.6	12.4	2.1
Sat. Fat (g)	9.3	1.5	2.7	0.5
Carbohydrate (g)	57.3	9.2	57.4	9.9
Sugars (g)	11.5	1.8	11.6	2.0
Protein (g)	50.4	8.1	47.3	8.1
Salt (g)	1.91	0.31	1.83	0.31

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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60 Worship St, London EC2A 2EZ

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## 1 Marinate the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

In a large bowl, add the **garlic**, **chicken thighs**, **korma curry paste** and **half the yoghurt**. Season with **salt**, then mix to coat the **chicken** in the **marinade**. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



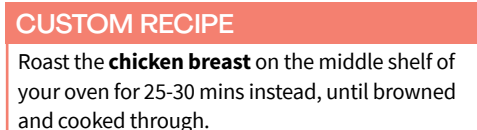
## 4 Roast the Chicken and Pepper

Meanwhile, pop the **pepper chunks** onto one side of a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat.

Lay the **chicken thighs** flat onto the same tray as the **pepper**.

Roast on the middle shelf of your oven until the **pepper** is golden and the **chicken** is cooked through, 16-18 mins. Turn halfway through.

**IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## 2 Prep the Veg

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel).

Halve the **green pepper** and discard the core and seeds. Chop into 2cm chunks.



## 5 Prep the Tomatoes

While everything bakes, **quarter** the **baby plum tomatoes** and pop them into a small bowl.

Season with **salt** and **pepper**, then stir through the **olive oil for the dressing** (see pantry for amount). Set aside.



## 3 Spiced Potato Time

Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **cumin seeds** and **chilli flakes** (add less if you'd prefer things milder).

Toss to coat, then spread out in a single layer.

**TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## 6 Serve

When the **chicken** and **veg** are cooked, share the **chicken thighs**, **roasted peppers** and **tandoori potatoes** between your plates. Spoon over the **tomatoes**.

Finish with a drizzle of the remaining **yoghurt**.

## Enjoy!

