



Chicken Tikka Naan Pizza

with Sweet Potato Fries and Mango Chutney

N° 27

STREET FOOD 30 Minutes • Medium Spice • 1 of your 5 a day



Yellow Pepper



Lime



Red Onion



Garlic Clove



Coriander



Mozzarella



Red Wine Vinegar



Sweet Potato Fries



Diced Chicken Breast



Ground Coriander



Tomato Purée



North Indian Curry Powder



Tomato Passata



Plain Naan



Mango Chutney



Nigella Seeds



Baby Leaves

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater, Two Baking Trays and Frying Pan.

Ingredients

	2P	3P	4P
Yellow Pepper**	1	2	2
Lime**	½	1	1
Red Onion**	½	½	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Mozzarella 7)**	1 ball	1½ balls	2 balls
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachet
Sugar*	1 tsp	1 tsp	2 tsp
Sweet Potato Fries**	1 small pack	1 large pack	2 small packs
Diced Chicken Breast**	280g	420g	560g
Ground Coriander	1 small pot	¾ large pot	1 large pot
Tomato Purée	1 carton	1½ cartons	2 cartons
North Indian Curry Powder	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Plain Naan 7) 13)	2	3	4
Mango Chutney	1 pot	2 pots	2 pots
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Nigella Seeds	1 pot	1 pot	1 pot
Baby Leaves**	1 bag	1 bag	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	751g	100g
Energy (kJ/kcal)	3774/902	503/120
Fat (g)	26	4
Sat. Fat (g)	11	2
Carbohydrate (g)	108	14
Sugars (g)	26	3
Protein (g)	61	8
Salt (g)	2.08	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.



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1. Get Prepped

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Zest and halve the **lime**. Halve, peel and thinly slice the **onion**. Peel and grate **garlic** (or use a **garlic press**). Keep a few sprigs of **coriander** aside for garnish, roughly chop the rest (stalks and all). Drain the **mozzarella** and thinly slice. Pop the **red onion** into a small bowl. Add the **red wine vinegar**, **sugar** (see ingredients for amount) and a pinch of **salt**. Stir to combine and leave to one side.



4. Make the Sauce

In the meantime, heat a drizzle of **oil** in a frying pan over medium heat. Once hot, add the **tomato purée**, **garlic** and **curry powder** to the pan. Cook for 30 seconds, stirring continuously then add the **passata**. Increase the heat slightly and reduce the **sauce** until thick and tomatoey, 3-4 mins. Stir regularly. Once reduced, mix the **chopped coriander** into the **sauce** and remove from the heat. Season to taste with **salt** and **pepper**.



2. Roast the Sweet Potato

Pop the **sweet potato fries** on a baking tray and drizzle with **oil** and season with **salt** and **pepper**. Toss together, then arrange in a single layer. Set aside. Roast on the middle shelf of your oven until golden, 20-25 mins. Turn halfway through cooking.



5. Pizza Time

When the **chicken** and **peppers** are ready, transfer to a plate and wipe the tray clean with kitchen paper. Pop the **naans** onto the tray. Spoon the **tomato sauce** on top and spread with the back of a spoon (leave space for a crust)! Divide the **chicken** and **pepper** between the **naans**. Lay the **mozzarella slices** evenly on top. Cook the **pizzas** on the top shelf until the **cheese** has melted and the edges are starting to colour, 6-8 mins.



3. Cook the Chicken

Pop the sliced **pepper** and **diced chicken** onto another baking tray. Drizzle with **oil** and sprinkle over the ground **coriander**, **lime zest** and a pinch of **salt** and **pepper**. Toss to combine and spread out in a single layer. **IMPORTANT: Wash your hands after handling raw meat!** Roast on the top shelf of your oven until the **pepper** is beginning to soften and the **chicken** is cooked, 10-12 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle!**



6. Finish off

Meanwhile, in a large bowl, mix together **half** the **mango chutney**, the **olive oil** for the dressing (see ingredients for amount) and the **lime juice**. Once the **pizzas** are out, sprinkle over the **nigella seeds**, **pickled red onion** and remaining **coriander sprigs**. Dollop the remaining **mango chutney** over the top. Pop the **salad leaves** into the bowl with the **dressing** and toss to coat. Serve the **salad** and the **fries** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.