

Chicken Tikka Naan Pizza

with Sweet Potato Fries and Mango Chutney

Street Food 30 Minutes • Medium Spice • 1 of your 5 a day





Bell Pepper





Red Onion







Coriander



Red Wine Vinegar



Sweet Potato Fries





Diced Chicken Breast





Tomato Purèe





Tomato Passata





Mango Chutney







Baby Leaves

Before you start

Cooking tools, you will need:

Zester, Garlic Press, Bowl, Baking Tray, Frying Pan.

Ingredients

	2P	3P	4P	
Bell Pepper**	1	2	2	
Lime**	1/2	1	1	
Red Onion**	1/2	1/2	1	
Garlic Clove**	1	2	2	
Coriander**	1 bunch	1 bunch	1 bunch	
Mozzarella 7)	1 ball	1½ balls	2 balls	
Red Wine Vinegar 14)	1	1	2	
Sugar*	1 tsp	1 tsp	2 tsp	
Sweet Potato Fries**	250g	375g	500g	
Diced Chicken Breast**	280g	420g	560g	
Ground Coriander	1 small sachet	1 large sachet	2 small sachets	
Tomato Purèe	1 sachet	11/2 sachets	2 sachets	
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 sachet	2 sachets	2 sachets	
Olive Oil*	1 tbsp	2 tbsp	2 tbsp	
Nigella Seeds	1 pot	1 pot	1 pot	
Baby Leaves	50g	50g	100g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	759g	100g
Energy (kJ/kcal)	3876 /926	511/122
Fat (g)	27	4
Sat. Fat (g)	11	2
Carbohydrate (g)	113	15
Sugars (g)	28	4
Protein (g)	62	8
Salt (g)	3.28	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

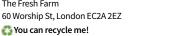
7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

HelloFresh UK Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







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 the **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.



Roast the Sweet Potato

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



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 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*.



Make the Sauce

In the meantime, heat a drizzle of **oil** in a frying pan over medium heat. Once hot, add the **tomato purèe**, **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**.



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.



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.