



CHICKEN TIKKA NAAN PIZZA

with Sweet Potato Fries and Mango Chutney

HELLO ITALIAN FUSION!



In 1830 pizza truly began with the opening of the world's first pizzeria.



Sweet Potato Fries



Yellow Pepper



Lime



Diced Chicken Breast



Ground Coriander



Red Onion



Garlic Clove



Coriander



Mozzarella



Red Wine Vinegar



Tomato Purée



North Indian Style Curry Powder



Tomato Passata



Plain Naan



Nigella Seeds



Mango Chutney



Baby Leaves

MEAL BAG

30 mins

2 of your 5 a day

Medium heat

We've combined two of our customers' favourite cuisines, Italian and Indian, to create a winning recipe for your next pizza night. Introducing the third recipe from our limited edition "Street Food" collection: Chicken Tikka "Pizza". We've used fresh naan breads for the base of these delicious pizzas, topping them with a tikka spiced tomato sauce, succulent chicken pieces, roasted red peppers and mozzarella. Serve the pizzas up with the sweet potato fries and dressed salad and dive in. The perfect 'tear and share' for a night in with friends!

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BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Baking Trays**, a **Fine Grater**, **Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 ROAST THE FRIES

Preheat your oven to 200°C. Pop the **sweet potato fries** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss together, then arrange in a single layer. Roast on the top shelf of the oven until golden, 18 mins. Turn halfway through cooking. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Zest and halve the **lime**.



2 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:** Remember to wash your hands and equipment after handling raw meat! Roast on the middle shelf of the oven until the **pepper** is beginning to soften and the **chicken** is cooked, 8-10 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle!



3 GET PREPPED

Meanwhile, halve, peel and thinly slice the **red 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 **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

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**.



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!). Top with the **chicken** and **peppers** and lay the **mozzarella slices** evenly over them. Cook the **pizzas** on the top shelf of the oven until the **cheese** has melted and the edges are starting to colour, 6-8 mins.



6 FINISH OFF

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

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato Fries *	1 pack	2 packs	2 packs
Yellow Pepper *	1	1½	2
Lime *	½	¾	1
Diced Chicken Breast *	280g	420g	560g
Ground Coriander *	1 small pot	¾ large pot	1 large pot
Red Onion *	1	1	2
Garlic Clove *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Mozzarella 7) *	1 ball	1½ balls	2 balls
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sugar*	1 tsp	1 tsp	2 tsp
Tomato Purée	1 sachet	1½ sachets	2 sachets
North Indian Style 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
Nigella Seeds	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 pot	2 pots	2 pots
Baby Leaves	1 bag	1½ bags	2 bags

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 781G	PER 100G
Energy (kJ/kcal)	3665 / 876	469 / 112
Fat (g)	23	3
Sat. Fat (g)	12	2
Carbohydrate (g)	108	14
Sugars (g)	28	4
Protein (g)	60	8
Salt (g)	2.29	0.29

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

THUMBS UP OR THUMBS DOWN?

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