



Curried Chicken Breast and Turmeric Roast Potatoes with Garlicky Green Beans and Raita

Calorie Smart **Eat Me Early** • 35 Minutes • Little Spice • Under 600 calories

24



Potatoes



Turmeric



Chicken Breast (skin-on)



Curry Powder



Mint



Green Beans



Garlic Clove



Mango Chutney



Greek Style Natural Yoghurt

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Garlic Press and Bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Turmeric	1 sachet	1 sachet	2 sachets
Chicken Breast (skin-on)**	2	3	4
Curry Powder	1 sachet	1 sachet	2 sachets
Mint**	1 bunch	1 bunch	1 bunch
Green Beans**	150g	200g	300g
Garlic Clove	2	3	4
Greek Style Natural Yoghurt 7)**	75g	120g	150g
Mango Chutney	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	530g	100g
Energy (kJ/kcal)	2121 /507	400 /96
Fat (g)	11	2
Sat. Fat (g)	4	1
Carbohydrate (g)	56	11
Sugars (g)	13	2
Protein (g)	46	9
Salt (g)	0.47	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Bombay Style Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into roughly 2cm **chunks** (no need to peel). Pop the chunks on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt**, **pepper** and sprinkle over the **ground turmeric**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Make the Raita

In a small bowl, mix the **yoghurt** with the **mint**. Season with **salt** and **pepper** and set aside for later.



Roast the Chicken

Meanwhile, pop the **chicken breasts** in a bowl, drizzle with **oil**, season with **salt** and **pepper** and sprinkle on the **curry powder**. Rub the **spice** evenly all over the **chicken**. **IMPORTANT:** Wash your hands and its packaging after handling raw chicken. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, lay the **chicken** in the pan skin-side down. Fry until the skin is golden, 4-5 mins. Turn, cook for 1 minute on the flesh side to seal the **meat**. Remove to a baking tray skin-side up and roast on the middle shelf of your oven until cooked, 15-20 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



Garlicky Green Beans

While everything cooks, have a quick tidy. When everything is nearly ready, pop your frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and stir-fry, 2-3 mins, then add the **garlic** and a splash of **water** and cook until tender, 2-3 more mins.



Prep the Veg

Don't wash your chicken pan - you'll use it for the green beans. Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



Serve Up

Once cooked, remove the **chicken** from the oven and drizzle the **mango chutney** over the **chicken** in the tray. Roll the **chicken** in the **chutney** to coat, and leave to rest for a couple of minutes. Serve the **chicken** with the **green beans**, the **curried potatoes** and a spoonful of the **raita**.

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.