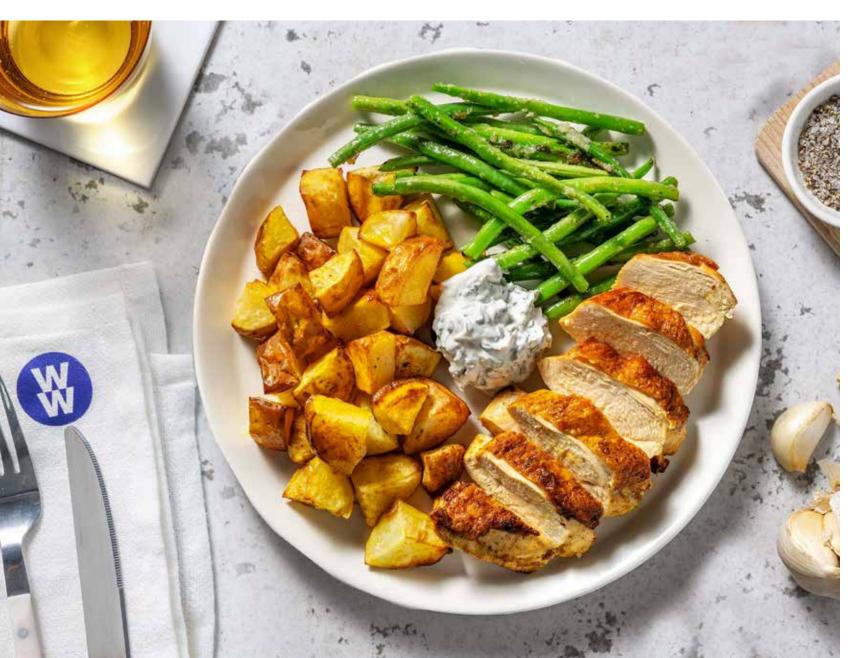


# Curried Chicken Breast and Turmeric Roasties

with Garlicky Green Beans and Raita

Calorie Smart Eat Me Early • 40 Minutes • Mild Spice • Under 600 Calories









Potatoes



Skin-on



Chicken Breast



**Curry Powder** 

**Green Beans** 





Garlic Glove



Mango Chutney



Greek Style Natural Yoghurt

## Before you start

Our fruit and veggies need a little wash before you

# Cooking tools, you will need:

Baking Tray, Bowl, Frying Pan and Garlic Press.

#### Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Turmeric	1 sachet	1 sachet	2 sachets
Skin-on Chicken Breast**	2	3	4
Curry Powder Mix 9)	1 pot	1 pot	2 pot
Mint**	1 bunch	1 bunch	1 bunch
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Mango Chutney**	1 sachet	2 sachets	2 sachets
Greek Style Natural Yoghurt** <b>7</b> )	75g	120g	150g

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

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	529g	100g
Energy (kJ/kcal)	2124 /508	402/96
Fat (g)	11	2
Sat. Fat (g)	4	1
Carbohydrate (g)	56	11
Sugars (g)	16	3
Protein (g)	46	9
Salt (g)	0.47	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints™ values based on low-cal cooking spray oil.

#### **Allergens**

7) Milk 9) Mustard

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

#### Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: **#HelloFreshSnaps** 

HelloFresh UK
Packed in the UK

The Fresh Farm 60 Worship St, London EC2A 2EZ







## **Bombay Style Potatoes**

Preheat your oven to 200°C. Chop the **potatoes** into roughly 2cm chunks (no need to peel). Pop the chunks onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then sprinkle over the **ground turmeric**. 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 middle shelf until golden, 30-40 mins. Turn halfway through.



#### Roast the Chicken

Meanwhile, pop the **chicken breasts** into a bowl. Drizzle with **oil**, season with **salt** and **pepper** then sprinkle on the **curry powder**. Rub the **spice** evenly all over the **chicken**. **IMPORTANT**: Wash your hands after handling raw chicken and its packaging. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay the **chicken** in the pan skin-side down. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side. Transfer to a baking tray (skin-side up) and set the pan aside. Roast on the top shelf of your oven until cooked, 18-25 mins. **IMPORTANT**: The chicken is cooked when no longer pink in the middle.



# Prep the Veg

While everything roasts, 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).



# Make the Raita

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



## Garlicky Green Beans

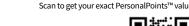
Wipe out and put your (now empty) frying pan back on medium-high heat with a drizzle of oil. Once hot, add the green beans and stir-fry until starting to char, 2-3 mins. Stir in the garlic, turn the heat down to medium and cook for 1 min. Then add a splash of water and immediately cover with a lid or some foil. Allow to cook until the beans are tender, 4-5 mins. Remove the pan from the heat.



#### Finish and Serve

Once cooked, remove the **chicken** from the oven and drizzle over the **mango chutney**. Ensure the **chicken** is coated and then leave to rest for a couple of mins. Slice the **chicken** widthways and serve on plates alongside the **green beans**, **curried potatoes** and a spoonful of the **raita** alongside.

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.