



Curried Chicken Breast and Turmeric Roasties with Garlicky Green Beans and Raita

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

24



Potatoes



Turmeric



Skin-on
Chicken Breast



Curry Powder



Mint



Green Beans



Garlic Glove



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:

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** 7)	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.

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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 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.



Make the Raita

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



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.



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.



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).



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.

Scan to get your exact PersonalPoints™ value



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