



# Garam Masala Crispy Chicken and Bombay Potatoes

with Garlicky Green Beans and Raita

Nº 9

**FAMILY** Hands On Time: 30 Minutes • Total Time: 35 Minutes • Little Heat • 1 of your 5 a day



Potato



Sri Lankan  
Curry Powder



Skin on  
Chicken Breast



Garam Masala



Mint



Green Beans



Garlic



Natural Yoghurt

## Before you start

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

### Basic cooking tools, you will need:

Two Baking Trays, Mixing Bowl, Frying Pan and Fine Grater (or Garlic Press).

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Sri Lankan Curry Powder	1 small pot	¾ large pot	1 large pot
Skin on Chicken Breast **	2	3	4
Garam Masala	1 small pot	¾ large pot	1 large pot
Mint**	1 bunch	1 bunch	1 bunch
Green Beans**	1 small pack	1 large pack	1 large pack
Garlic**	2 cloves	3 cloves	4 cloves
Natural Yoghurt 7)**	150g	150g	300g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	517g	100g
Energy (kJ/kcal)	1895 /453	367 /88
Fat (g)	8	2
Sat. Fat (g)	3	1
Carbohydrate (g)	49	10
Sugars (g)	7	1
Protein (g)	47	9
Salt (g)	0.27	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

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## 1. 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 **Sri Lankan powder**. 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.



## 4. Make the Raita

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



## 2. Roast the Chicken

Meanwhile, pop the **chicken breasts** in a bowl, drizzle with **oil**, season with **salt** and **pepper** and sprinkle on the **garam masala**. Rub the **spice** all over the **chicken** so it is evenly covered. **IMPORTANT:** Remember to wash your hands 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.



## 5. Garlicky Green Beans

While everything cooks, have a quick tidy up. 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 until tender, 2-3 mins, then add the **garlic** and a splash of **water** and cook until tender, 2-3 more mins.



## 3. 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).



## 6. Serve up

Once cooked, remove the **chicken** from the oven and leave to rest for a couple of minutes. Serve the **chicken** with the **green beans**, the **curried potatoes** and a spoon 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.