



# Dinner: Rogan Josh Chicken

Lunch: Creamy Chicken Curry and Salad Wrap

Nº 20

**DINNER TO LUNCH** Dinner: 40 Minutes • Lunch: 5 Minutes • Medium Heat

**DINNER**



Shallot



Garlic Clove



Diced Chicken Thigh



Rogan Josh Paste



Greek Yoghurt



Basmati Rice



Red Onion



Baby Gem Lettuce



Cucumber



Carrot



Chicken Stock Powder



Mint



Wholewheat Tortilla

**LUNCH**

## Before you start

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

### Basic cooking tools you will need:

Fine Grater (or Garlic press), Mixing Bowl, Measuring Jug, Saucepan and Frying Pan.

### Ingredients

	2P	3P	4P
Shallot**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Diced Chicken Thigh**	560g	700g	840g
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Greek Yoghurt 7)**	75g	100g	150g
Basmati Rice	225g	300g	375g
Water For the Rice*	450ml	600ml	750ml
Red Onion**	1	1	2
Baby Gem Lettuce**	1 small pack	2 large packs	2 large packs
Cucumber**	1	1¼	1½
Carrot**	1	1	1
Water for Curry*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Mint**	1 bunch	1 bunch	1 bunch
Wholewheat Tortilla 13)	4	4	4

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

### Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredients	361g	100g
Energy (kJ/kcal)	2661/ 630	738/ 175
Fat (g)	9	3
Sat. Fat (g)	3	1
Carbohydrate (g)	95	26
Sugars (g)	5	1
Protein (g)	40	11
Salt (g)	1.14	0.32
Lunch	Per serving	Per 100g
for uncooked ingredients	609g	100g
Energy (kJ/kcal)	2167/ 518	356/ 85
Fat (g)	13	2
Sat. Fat (g)	3	1
Carbohydrate (g)	55	9
Sugars (g)	13	2
Protein (g)	42	7
Salt (g)	2.75	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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.

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## 1. Marinade the Chicken

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). In a medium bowl, mix the **diced chicken**, **half** of the **rogan josh paste** and a **third** of the **yoghurt**. Season with **salt** and **pepper**. Mix to coat the **chicken** and set aside. Heat a drizzle of **oil** in a large saucepan on medium heat. When hot, add the **shallot** and cook, stirring, until soft, 3-4 mins. Once hot, stir in **half** the **garlic** and **basmati rice** and cook for 1 minute.



## 4. Start the Curry

Heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **red onion** and cook, stirring, until soft, 4-5 mins. Add the remaining **curry paste** and **garlic** and cook, stirring, for 1 minute. Add the **water** (see ingredients for amounts) with the **chicken stock powder** and mix well. Simmer until slightly thickened, 5-6 mins. Meanwhile, preheat your grill to high and line a baking tray with foil. Lay the **chicken** out on the foil making sure it is spread out evenly. Grill until golden and slightly charred, 20-25 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



## 2. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into the pan and bring to the boil. When boiling, add ¼ tsp of **salt**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## 5. Dinner is Served

Fluff up the **rice** with a fork and season to taste with **salt** and **pepper**, remove and set aside 2 large tbsps of **rice** for your wraps. Stir a **third** of the **yoghurt** through your **curry sauce** and remove from the heat. Divide the **garlic rice** and the remaining grilled **chicken** between plates. Serve with the **curry sauce** on top.

Enjoy!



## 3. Chop Chop

Meanwhile, halve, peel and thinly slice the **onion**. Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Trim the **cucumber** then halve lengthways. Chop into roughly 1cm wide 5cm long batons. Trim the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the centre. Set the **lettuce**, **cucumber** and **carrot** aside for later.



## 6. Pack Your Lunch

When you're ready to pack lunch, Pick the **mint leaves** from their stalks and finely chop (discard the stalks). In a medium bowl, mix the **mint** with the **lettuce** and remaining the **yoghurt**. Lay the **tortillas** on a board. Add the reserved **chicken** and **rice**. Top with the peeled **carrot**, **cucumber batons** and **lettuce**. Roll into wraps. Wrap in foil. Refrigerate. At lunchtime, allow to come back to room temperature.

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.