



# Spiced Yoghurt Chicken Breasts and Tandoori Beef Skewers with Cauli Mango Chutney Potato Salad and Kachumber

Nº 20

**BBQ FEAST** 40 Minutes • Little Heat • 3 of your 5 a day



Skewers



Panko Breadcrumbs



Beef Mince



Tandoori Masala Spice



Korma Paste



Greek Yoghurt



Chicken Breast



Salad Potatoes



Cauliflower Florets



Mint



Coriander



Lime



Baby Plum Tomatoes



Cucumber



Mango Chutney

## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Measuring Jug, Plate, Colander, Mixing Bowl, Baking Tray and Fine Grater.

### Ingredients

	2P	3P	4P
Skewers	4	6	8
Panko Breadcrumbs <b>13</b> )	10g	25g	25g
Water for the Beef*	2 tbsp	3 tbsp	4 tbsp
Beef Mince**	240g	360g	480g
Tandoori Masala Spice	1 small pot	1 large pot	1 large pot
Korma Paste <b>9</b> )	1 sachet	1½ sachets	2 sachets
Greek Yoghurt <b>7</b> **	150g	225g	300g
Chicken Breast**	2	3	4
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Mint**	1 bunch	1 bunch	1 bunch
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Olive Oil for the Salad*	1 tbsp	1½ tbsp	2 tbsp
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Cucumber**	½	1	1
Mango Chutney	1 sachet	1 sachet	2 sachet

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	969g	100g
Energy (kJ/kcal)	3841 / 918	396 / 95
Fat (g)	41	4
Sat. Fat (g)	14	1
Carbohydrate (g)	68	7
Sugars (g)	27	3
Protein (g)	74	8
Salt (g)	2.71	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **9)** Mustard **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.

### Contact

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Prep the Meat

Soak your **skewers** in a bowl of **water**. Preheat your oven to 200°C (if you're not using a BBQ for your meat) and bring a large saucepan of **water** to the boil with ½ tsp of salt. Put the **breadcrumbs** and **water** (see ingredients for amount) into a large bowl. Mix together, then add the **beef mince**, **tandoori spice mix**. Season with **salt** and **pepper**. Mix with your hands and shape into 2 sausage shapes per person. Flatten to make **koftas** and thread a **skewer** into each one. Pop on a plate, cover and put in the fridge until ready to cook.

**IMPORTANT:** Remember to wash your hands after handling raw meat!



## 4. Make the Kachumber

Meanwhile, pull the **mint leaves** off their stalks and finely chop (discard the stalks). Roughly chop the **coriander** (stalks and all). Zest and halve the **lime**, squeeze the **lime juice** into a large bowl. Add the **olive oil** (see ingredients for amount). Season with **salt**, **pepper** and a pinch of **sugar**. Mix together. Halve the **tomatoes**. Trim the **cucumber** then quarter lengthways, chop widthways into small pieces. Add the **tomatoes** and **coriander** to the bowl with the dressing. Set aside. **TIP:** You'll add the cucumber at the last minute - this will keep it fresh and crunchy!



## 2. Prep the Chicken

Pop the **korma paste** and a **third** of the **yoghurt** into a bowl. Season with **salt** and **pepper** and mix together. Sandwich each **chicken breast** between two pieces of clingfilm. Bash the **chicken** with the bottom of a saucepan or a rolling pin until it's 1cm thick all over. Add the **chicken** to the bowl with the **korma** and **yoghurt** and mix through to coat. Cover and pop in the fridge until ready to cook.

**IMPORTANT:** Remember to wash your hands after handling raw meat.



## 5. Finish the Prep

Switch your oven to grill setting (medium high), if you're not using your BBQ. Place both the **chicken breasts** and **koftas** on a large lightly oiled baking tray (pat any leftover marinade the over **chicken**). Grill them until the **chicken** is blistered, slightly charred and cooked through and the **koftas** are browned on the outside and cooked through, 14-16 mins total, turn halfway through cooking. **IMPORTANT:** The chicken and koftas are cooked when no longer pink in the middle. Alternatively you could BBQ the **meat**... weather permitting!



## 3. Start the Potato Salad

Halve the **salad potatoes** (quarter any larger ones) and add them to the boiling **water** with ½ tsp of **salt**. Simmer until tender, 15-20 mins, drain in a colander and pop into a large bowl - the one you will be serving them in. Set aside to cool. Meanwhile, pop the **cauliflower** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Roast on the top shelf of your oven until golden and tender, 15-18 mins. When ready, remove from your oven and pop in the bowl with the **potatoes** - leave to cool.



## 6. Cook the Meat

Mix the **lime zest** with the **mango chutney**, the remaining **yoghurt** and **half** the **mint** in a small bowl. Drizzle it over the **cauliflower** and **potato**, then sprinkle over the remaining **mint**. Add the **cucumber** to the **tomato** and mix to combine - **kachumber** done! Serve the **chicken breasts** and **beef kofta skewers** with the **potato salad** and **kachumber** 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.