



Tandoori Chicken and Potato Traybake with Tomatoes and Yoghurt Drizzle

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day

5



Garlic Clove



Chicken Thigh



Korma Style Paste



Low Fat Natural Yoghurt



Potatoes



Green Pepper



Tandoori Masala Spice



Baby Plum Tomatoes

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, bowl and baking tray.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Chicken Thigh**	4	6	8
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Low Fat Natural Yoghurt** 7)	75g	150g	150g
Potatoes**	450g	700g	900g
Green Pepper**	1	1½	2
Tandoori Masala Spice	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Olive Oil for the Dressing*	½ tbsp	1 tbsp	1½ tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	622g	100g
Energy (kJ/kcal)	2767 /661	445 /106
Fat (g)	31.8	5.1
Sat. Fat (g)	8.5	1.4
Carbohydrate (g)	51.4	8.3
Sugars (g)	10.9	1.8
Protein (g)	42.9	6.9
Salt (g)	1.95	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 200°C. Peel and grate the **garlic** (or use a garlic press).

In a large bowl, add the **garlic, chicken thighs, korma style paste** and **half the yoghurt**. Season with **salt**, then use your hands to coat the **chicken** in the **marinade**. Set aside. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

Chop the **potatoes** into 2cm chunks (no need to peel). Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.



Prep the Tomatoes

While everything bakes, quarter the **baby plum tomatoes** and pop into a small bowl.

Season with **salt and pepper**, then stir through the **olive oil for the dressing** (see ingredients for amount). Set aside.



Tandoori Potatoes Time

Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt and pepper**, then sprinkle over the **tandoori masala spice**. Toss to coat, then spread out in a single layer. **TIP: Use two baking trays if necessary.**

Once your oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Make the Yoghurt Drizzle

Pop the remaining **yoghurt** into another small bowl. Season to taste with **salt, pepper** and a little **sugar** (if you have any).

Set aside, then have a quick tidy whilst you wait for the traybake!



Roast the Chicken

Meanwhile, pop the **pepper** onto another baking tray. Drizzle with **oil**, season with **salt and pepper**, then toss to coat.

Lay the **chicken thighs** flat onto the same tray amongst the **pepper**.

Roast on the middle shelf of your oven until the **pepper** is golden and the **chicken** is cooked through, 16-18 mins. Turn halfway through. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Serve

When the **chicken** and **veg** are cooked, share the **chicken thighs, peppers and tandoori potatoes** between your plates. Spoon over the **tomatoes**.

Finish with a drizzle or spoonful of **yoghurt**.

Enjoy!