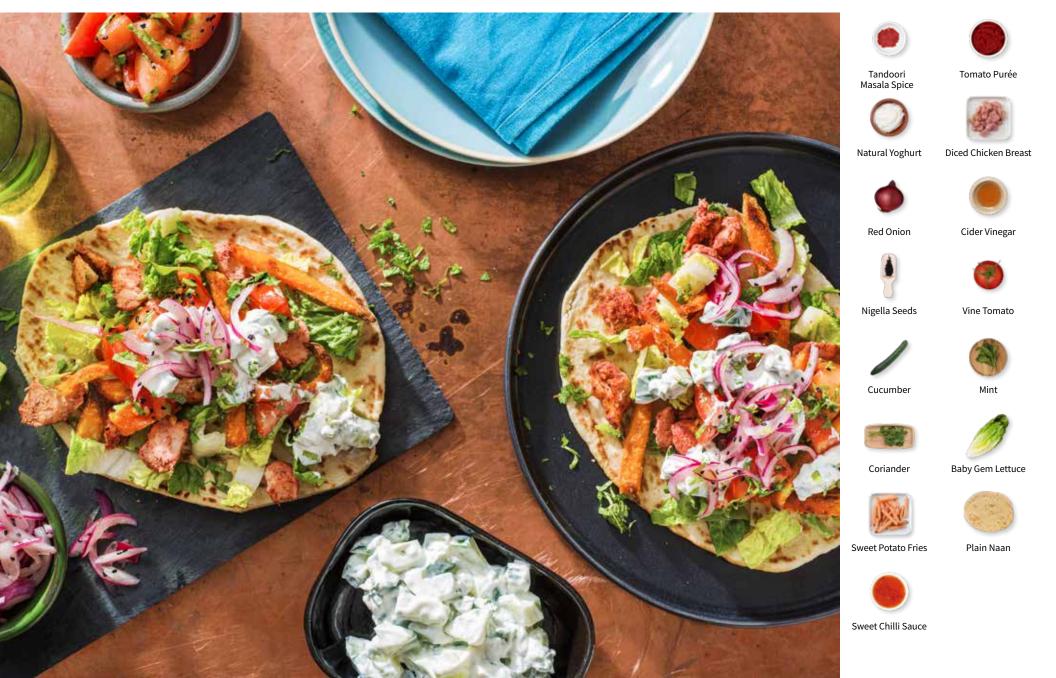


Tandoori Chicken Naan

with Sweet Chilli Sauce, Lettuce, Tomato, Pickled Onion



STREET FOOD 40 Minutes • 3.5 of your 5 a day



Before you start

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

Basic cooking tools, you will need:

Mixing Bowls and Two Baking Trays. Ingredients

	2P	3P	4P
Tandoori Masala Spice	1 small pot	¾ large pot	1 large pot
Tomato Purée	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7) **	75g	100g	150g
Diced Chicken Breast**	280g	420g	560g
Red Onion**	1⁄2	3⁄4	1
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Nigella Seeds	1 small pot	¾ large pot	1 large pot
Vine Tomato**	2	3	4
Cucumber**	1⁄2	3/4	1
Mint**	1⁄2	3/4	1
Coriander**	1 bunch	1 bunch	1 bunch
Baby Gem Lettuce**	1	1½	2
Sweet Potato Fries**	1 small pack	1 large pack	2 small packs
Plain Naan 7) 13)	2	3	4
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Sweet Chilli Sauce 1 sachet 1½ sachets 2 sachets *Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	720g	100g
Energy (kJ/kcal)	2795 /668	388 /93
Fat (g)	9	1
Sat. Fat (g)	2	1
Carbohydrate (g)	98	14
Sugars (g)	19	3
Protein (g)	49	7
Salt (g)	1.75	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

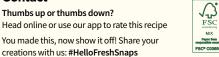
Wash your hands before and after handling ingredients. Wash fruit and vegetables: but not meat ! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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

Contact

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1. Marinate the Chicken

Preheat the oven to 210°C. In a bowl, combine the tandoori spice, tomato puree and half the yoghurt. Season with salt, pepper and a pinch of sugar. Add the diced chicken and stir to combine. Set aside. IMPORTANT: Remember to wash your hands after handling raw meat. Halve, peel and thinly slice the **red onion**. Pop in a bowl with the cider vinegar, sugar (see ingredients for amount) and half the nigella seeds. Season with salt and pepper, stir well and set aside.



2. Chop Chop

Chop the vine tomatoes into 2cm chunks. Trim the cucumber then halve lengthways. Chop each half into 4 long strips then chop widthways into small pieces. Pick the mint leaves from their stalks and roughly chop (discard the stalks). Roughly chop the **coriander** (stalks and all). Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways.



3. Salad Time

Pop the **tomatoes** in a bowl with the remaining nigella seeds and half the coriander. Add a drizzle of oil and a pinch of salt and pepper. Toss to combine and set aside. In another bowl, combine the cucumber, remaining yoghurt and half the mint. Set aside.



4. Roast the Sweet Potatoes

Pop the sweet potato fries on a baking tray, drizzle with **oil**, season with **salt** and **pepper**. Toss to coat. Spread out and roast on the middle shelf of the oven until soft and golden, 18-20 mins



5. Cook the Chicken

Line a baking tray with foil. Put the marinated chicken on the tray and bake on the top shelf until cooked through, 10-12 mins, turning halfway. **TIP:** Don't be afraid if the chicken chars - this will add to the flavour! IMPORTANT: The chicken is cooked when it is no longer pink in the middle. Pop the naans directly on the oven shelf to warm through for the final 1-2 mins. Get ready to serve.



6. Pile it Up!

This dish is all about piling it high! Put a naan on each plate and top with the **lettuce**, followed by the tandoori chicken, sweet potato fries, tomato salad and cucumber raita. Scatter the pickled **onions** over the top, followed by a drizzle of **sweet** chilli sauce. Finish with the remaining chopped coriander and mint and dig in!

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.