

Tandoori Chicken Naan and Sweet Potato Wedges with Sweet Chilli Sauce and Cucumber Raita

Street Food 40 Minutes • Medium Spice • 2 of your 5 a day



Tandoori Masala
Spice



Tomato Puree



Low Fat Natural
Yoghurt



Diced Chicken
Breast



Red Onion



Cider Vinegar



Sweet Potato



Mint



Baby Gem
Lettuce



Cucumber



Plain Naan



Sweet Chilli
Sauce

Before you start

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

Cooking tools

Bowl, baking tray and aluminium foil.

Ingredients

	2P	3P	4P
Tandoori Masala Spice	1 pot	1 pot	1 pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Low Fat Natural Yoghurt** 7)	75g	100g	150g
Diced Chicken Breast**	280g	420g	560g
Red Onion**	½	¾	1
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sweet Potato**	2	3	4
Mint**	½ bunch	¾ bunch	1 bunch
Baby Gem Lettuce**	1	1½	2
Cucumber**	½	¾	1
Plain Naan 7) 11) 13)	2	3	4
Sweet Chilli Sauce	32g	48g	64g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	742g	100g
Energy (kJ/kcal)	3432/820	463/111
Fat (g)	9	1
Sat. Fat (g)	2	1
Carbohydrate (g)	133	18
Sugars (g)	33	4
Protein (g)	49	7
Salt (g)	1.90	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

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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1 Marinate the Chicken

Preheat the oven to 210°C. In a bowl, combine the **tandoori masala spice** (use less if you don't like heat), **tomato puree** and **half the yoghurt**. Season with **salt, pepper** and a pinch of **sugar** (if you have any). Add the **diced chicken** and stir to combine. Set aside. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.* Halve, peel and thinly slice the **red onion**. Pop into another bowl with the **cider vinegar** and **sugar for the pickle** (see ingredients for amount). Season with **salt** and **pepper**, stir well and set aside.



4 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. Turn halfway through. **TIP:** *Don't be afraid if the chicken chars - this will add to the flavour.* **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



2 Roast the Wedges

Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** *Use two baking trays if necessary.* When the oven is hot, roast on the middle shelf until golden, 25-35 mins. Turn halfway through.



5 Bake the Naans

When everything is nearly ready, pop the **naans** onto a baking tray. Sprinkle with a little **water** and pop into the oven on the bottom shelf to warm through for the final 3-4 mins of **chicken** cooking time.



3 Raita Time

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Trim the **baby gem lettuce**, then halve lengthways. Thinly slice widthways. Trim the **cucumber**, then halve lengthways. Chop each half into 4 long strips, then chop widthways into small pieces. Pop the **cucumber** into a small bowl with the remaining **yoghurt** and **half the mint**. Set aside your **cucumber raita**.



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** and **cucumber raita**. Scatter the **pickled onions** over the top, followed by a drizzle of **sweet chilli sauce** and remaining **chopped mint**. Serve with the **sweet potato wedges** and the remaining **raita** alongside.

Enjoy!