



DINNER - TANDOORI CHICKEN WITH GARLIC RICE

LUNCH - TANDOORI CHICKEN WRAP

DINNER SOLVED
HELLO LUNCH!

Yummy dinner, delicious lunch all in one shot, well done you!

DINNER



LUNCH



Shallot



Garlic Clove



Diced Chicken Thigh



Greek Yoghurt



Tandoori Spice



Basmati Rice



Cucumber



Mint



Vine Tomatoes



Carrot



Whole Wheat Soft Tortilla



Mayonnaise



Rocket

DINNER TO LUNCH

Transform dinner into a tasty new lunch!

DINNER: 35mins **LUNCH: 5mins**

Medium heat

Packed full of flavour, our tandoori chicken is guaranteed to tickle your tastebuds and spice up a weeknight dinner. Creating this flavoursome dish couldn't be easier as the chicken marinated in our tandoori masala spice does all the work. For lunchtime, add thinly sliced tomato and grated carrot to tortillas and spread with mayo. Top with rocket and remaining mint for a delicious and quick tandoori chicken wrap.

MEAL BAG

18

BEFORE YOU START

🔪 Get out your **Utensils**. 🧼 Wash the Veggies. 🍴 Make sure you've got a **Fine Grater** (or **Garlic Press**), **Mixing Bowl**, **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Large Frying Pan**, **Coarse Grater** and some **Foil**. Now, let's get cooking your **Dinner** and **Lunch!**



1 MARINATE THE CHICKEN

Halve, peel and finely chop the **shallot**. Peel and grate the **garlic** (or use a garlic press). Set aside. In a mixing bowl, combine the **diced chicken**, **tandoori spice** and 1 tbsp **yoghurt**. Season with **salt** and **pepper**. Toss to coat the **chicken** and set aside to **marinate**. In a large saucepan, heat a drizzle of oil on medium heat. When hot, add the **shallot** and cook, stirring, for 3-4 mins. Stir in the **garlic** and **basmati rice** and cook for 1 minute.



2 COOK THE RICE

Pour in the **water** (see ingredients for amount) and bring to the boil. When boiling, add a pinch 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).



3 CHOP CHOP

Meanwhile, trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). In a large bowl, combine the remaining **yoghurt**, **half the cucumber**, **half the mint** and a pinch of **salt** and **pepper**. Roughly chop **half the tomatoes**. In another large bowl, combine the **chopped tomatoes**, remaining **cucumber**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



4 FRY THE CHICKEN

Put a large frying pan on high heat. Once hot, add the **tandoori chicken** (and its **marinade**) and cook, stirring occasionally, until the **chicken** is browned and cooked through, 6-8 minutes. 🚫 **IMPORTANT:** The chicken is cooked when no it is longer pink in the middle. Remove and set aside two portions for lunch. ★ **TIP:** Don't worry if your chicken gets a little charred during cooking, it adds to the flavour!



5 DINNER IS SERVED

Divide the **garlic rice** and the remaining **tandoori chicken** between plates. Serve with the **cucumber yoghurt** and **tomato salad**. **Enjoy!**



6 PACK YOUR LUNCH

When you're ready to pack lunch, thinly slice the remaining **tomato**. Trim and grate the **carrot** on the coarse side of your grater (no need to peel). Lay the **tortillas** on a board and spread with **mayo**. Top with the **rocket**, **tomato**, **carrot** and remaining **mint**. Add the **reserved chicken** and roll into **wraps**. Wrap in foil. Refrigerate. At lunchtime, enjoy cold!

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Shallot *	1	1½	2
Garlic Clove *	2	3	4
Diced Chicken Thigh *	560g	700g	840g
Greek Yoghurt 7)*	½ pouch	¾ pouch	1 pouch
Tandoori Spice	1 large pot	1½ large pots	1½ large pots
Water	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Cucumber *	1	1¼	1½
Mint *	1 bunch	1 bunch	1 bunch
Vine Tomatoes	4	5	6
Carrot *	1	1	1
Whole Wheat Soft Tortilla 13)	4	4	4
Mayonnaise 8) 9)	1 sachet	1 sachet	1 sachet
Rocket *	1 bag	1 bag	1 bag

*Not Included * Store in the Fridge

ALLERGENS

7) Milk 8) Egg 9) Mustard 13) Gluten

NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 539G	PER 100G
Energy (KJ/kcal)	2085/ 495	387/ 92
Fat (g)	7	1
Sat. Fat (g)	3	1
Carbohydrate (g)	67	12
Sugars (g)	7	1
Protein (g)	39	7
Salt (g)	0.80	0.15

LUNCH	PER SERVING: 425G	PER 100G
Energy (KJ/kcal)	2395/ 575	564/ 135
Fat (g)	23	5
Sat. Fat (g)	4	1
Carbohydrate (g)	48	11
Sugars (g)	9	2
Protein (g)	40	9
Salt (g)	2.55	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

🧼 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.



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