



TANDOORI CHICKEN

with Roast New Potatoes, Baby Gem Salad and Mango Dressing



HELLO LETTUCE

The ancient Romans ate lettuce at the end of a meal because it was thought to induce sleep.



Chicken Breast



Tandoori Masala Mix



Lemon



New Potatoes



Baby Gem Lettuce



Vine Tomato



Natural Yoghurt



Mango Chutney

35 mins

1.5 of your 5 a day

Little Heat

The Indian tandoor oven is made from clay but you don't need a huge piece of pottery in your kitchen to roast spicy tandoori-style chicken. This version comes with roast new potatoes and a yoghurt-dressed salad to cool the spice. Delicious!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Fine Grater**, some **Clingfilm**, two **Baking Trays**, a **Frying Pan** and some **Foil**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Preheat your oven to 200°C. Lay a **chicken breast** on your chopping board and place your hand flat on top. Slice into it from the side so it opens like a book. Repeat for the remaining **chicken** then transfer to a mixing bowl along with the **tandoori masala mix**, a drizzle of **oil**, the **zest** of the **lemon** and a squeeze of **lemon juice**. Season with **salt** and **black pepper**. Mix to coat the **chicken** then cover with clingfilm and pop in the fridge.



2 ROAST THE POTATOES

While the chicken marinates, halve the **new potatoes** and put them on a baking tray. Drizzle with a little **oil**, season with **salt** and **black pepper** and toss to coat evenly. Spread them out, then roast on the top shelf of your oven until golden and crispy, 20 mins.



3 COOK THE CHICKEN

Meanwhile, put a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **chicken** and fry until brown, 2-3 mins each side. Transfer to another baking tray and roast on the middle shelf of your oven until cooked through, 15 mins. **★ TIP:** *The chicken is cooked when it is no longer pink in the middle.* When cooked, remove the **chicken** to a plate and cover with foil to rest and keep warm.



4 MAKE THE SALAD

While the **chicken** cooks, remove and discard the root from the **baby gem lettuce**. Halve it lengthways, then slice as thinly as you can and put in a large bowl. Chop the **tomato** into 1cm pieces and add to the bowl with the **lettuce**.



5 MAKE THE DRESSING

Put the **yoghurt** in a small bowl and stir in the **mango chutney**. Season to taste with **salt** and **black pepper** and set aside.



6 FINISH AND SERVE

Slice each **chicken breast** into five strips. Add a few spoonfuls of the **yoghurt** dressing to the **salad** and gently toss to combine. You don't want the **salad** to be swimming in dressing, so just add enough to coat it! Taste and add a pinch of **salt** and **black pepper** if desired. Serve the **roast potatoes** alongside the **salad**, topped with the sliced **chicken** and a drizzle of remaining **dressing**. **Enjoy!**

2 PEOPLE INGREDIENTS

Chicken Breast	2
Tandoori Masala Mix	1½ tsp
Lemon	1
New Potatoes, halved	1 pack
Baby Gem Lettuce, sliced	1
Vine Tomato, chopped	2
Natural Yoghurt ⁷⁾	1 pot
Mango Chutney	40g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	448	72
(kJ)	1900	303
Fat (g)	7	1
Sat. Fat (g)	3	0
Carbohydrate (g)	52	8
Sugars (g)	22	4
Protein (g)	46	7
Salt (g)	1.22	0.20

ALLERGENS

⁷⁾Milk

👍 THUMBS UP OR THUMBS DOWN?

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