

# Tandoori Hasselback Chicken

with Turmeric Rice, Green Beans and Red Chilli Yoghurt

BALANCED 20 Minutes • Under 600 Calories • Medium Heat • 1 of your 5 a day





Green Beans







Coriander



Red Chilli



**Ground Turmeric** 





Chicken Breast



Tandoori Masala Spice



Natural Yoghurt

# Before you start

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

#### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Large Saucepan, Sieve, Baking Tray and Frying Pan.

## Ingredients

•				
	2P	3P	4P	
Green Beans**	1 small pack	1 large pack	1 large pack	
Garlic Clove**	1 clove	1 clove	2 cloves	
Coriander**	1 bunch	1 bunch	1 bunch	
Red Chilli**	1/2	3/4	1	
Ground Turmeric	1 pot	1 pot	1 pot	
Basmati Rice	150g	225g	300g	
Chicken Breast**	2	3	4	
Tandoori Masala Spice	1 small pot	¾ large pot	1 large pot	
Natural Yoghurt <b>7)</b> **	150g	150g	300g	
*Not Included ** Store in the Fridge				

#### Nutrition

	Per serving	Per 100g
for uncooked ingredients	367g	100g
Energy (kJ/kcal)	2182 /522	595/142
Fat (g)	5	2
Sat. Fat (g)	2	1
Carbohydrate (g)	67	18
Sugars (g)	7	2
Protein (g)	50	14
Salt (g)	0.73	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

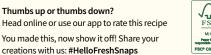
7) Milk

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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. Prep Time

- a) Fill and boil your kettle.
- **b)** Preheat your grill to its highest setting.
- c) Trim the green beans and chop into thirds.
- d) Peel and grate the garlic (or use a garlic press).
- e) Roughly chop the coriander (stalks and all).
- f) Halve the chilli lengthways, deseed then finely chop.



## 2. Cook the Rice

- a) Fill a large saucepan with boiling water from the kettle.
- b) Bring back to the boil with a 1/4 tsp of salt and half the turmeric.
- c) When boiling, add the rice and cook until tender, 10-12 mins. Drain in a sieve.



## 3. Marinate the Chicken

- a) Pop the chicken breasts onto your chopping board and cut into the flesh widthways at 1cm intervals. Be careful not to cut all the way through! See pic.
- b) In a bowl mix the tandoori spice mix, the remaining turmeric and half of the natural yoghurt.
- c) Add the chicken and season with salt. Use your hands to coat the chicken. Transfer to a piece of foil and pop onto a baking tray or a grill pan. **IMPORTANT:** Wash your hands after handling raw meat.



## 4. Cook the Chicken

- a) Pop the chicken under the grill and cook until scorched, 5 mins.
- **b)** Turn and repeat on the other side, another 5 mins. Lower the heat and cook until the **chicken** is cooked through, another 2 mins each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



# 5. Stir fry the Beans

- a) While the chicken cooks, heat a splash of oil in a frying pan over medium heat.
- b) When hot, add the green beans and stir fry until softened, 4-5 mins.
- c) Add the garlic, cook for a minute more and then stir in the cooked, drained rice. Season to taste with salt. Mix in half the coriander and chilli.



## 6. Finish and Serve

- a) Mix the rest of the coriander and chilli through the remaining yoghurt.
- **b)** Share the **rice** between your plates and serve the **tandoori chicken** alongside.
- c) Finish with a drizzle of the yoghurt.

# **Enjoy!**

#### **BALANCED RECIPE**

Under 600 Calories • Low Sat Fat • Low Salt • High Protein

Featured Ingredient: Chicken is a great source of lean protein. Skinless chicken breast is both low in fat and high in protein and is a great source of selenium. Selenium contirbutes to the maintainece of hair and nails.

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.