



TANDOORI RICE

with Chicken and Roasted Broccoli



HELLO GINGER

India produces around half of the world's ginger supply!



Diced Chicken Thigh



Tandoori Masala Spice Mix



Onion



Ginger



Garlic Clove



Basmati Rice



Chicken Stock Pot



Broccoli



Ground Coriander



Coriander



Natural Yogurt



Desiccated Coconut

MEAL BAG

40 mins

Enjoy within 3 days

2 of your 5 a day

Very hot

Long day? Too tired to cook? We know the feeling. At HelloFresh we believe that being short of time or stuck in a recipe rut shouldn't stop you from cooking and enjoying great food. With just 15 minutes hands on cooking time, this delicious tandoori spiced rice dish is the perfect recipe to rustle up for a midweek pick me up. Served with charred roasted broccoli (the only way to cook it if you ask us!) and a spiced yoghurt dip, this dish is guaranteed to bring sunshine straight into your kitchen.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Large Saucepan** (with a **Lid**), **Fine Grater**, **Measuring Jug**, some **Baking Paper** and a **Baking Tray**. Now, let's get cooking!



1 SEASON THE CHICKEN

Preheat your oven to 200°C. Pop the **diced chicken thigh** into a bowl and drizzle on a glug of **oil**. Season with a good pinch of **salt** and generous grind of **pepper**. Add the **tandoori masala spice mix** and stir together. Heat a large saucepan over high heat.



2 FRY THE CHICKEN

When your pan is hot, add your **chicken**. Cook, stirring, then lower the heat to medium, 2 mins. As the **chicken** browns, cut the **onion** in half through the root, peel and then slice into thin half moons. Add your **onion** to the pan and stir well. Cook until the **onion** has softened, 5 mins.



3 ADD THE RICE

While the **onion** cooks, peel and grate the **ginger** and **garlic** (or use a garlic press). Add the **ginger** and **garlic** to the pan and cook for 1 minute more before stirring in the **basmati rice**.



4 SIMMER

Add the **water** (see ingredients for amount) and the **stock pot**. Stir well to dissolve the **stock pot** and bring to the boil. Once boiling, pop a lid on the pan and lower the heat so the **stock** is simmering. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins.
★ TIP: The rice will finish cooking in its own steam.



5 ROAST THE BROCCOLI

As the **rice** cooks, cut the **broccoli** into florets (tiny trees) and pop them on a lined baking tray. Drizzle on a glug of **oil** and season with a generous pinch of **salt**. Toss well and then roast in the oven for 15-20 mins. Turn halfway through cooking and sprinkle on **half** the **ground coriander** before returning to the oven.



6 MAKE THE YOGHURT

Meanwhile, roughly chop the **coriander** and mix it though the **yoghurt**. Stir in **half** the **desiccated coconut** and remaining **ground coriander**. Season to taste with **salt** and **pepper** and keep to one side. When everything is ready, spoon your **tandoori rice** into deep bowls. Arrange a few **broccoli florets** around the plate and top with a generous dollop of **yoghurt**. Finish with a sprinkle of the remaining **desiccated coconut**. **Enjoy!**

2 PEOPLE INGREDIENTS

Diced Chicken Thigh	350g
Tandoori Masala Spice Mix	1½ tsp
Onion, sliced	1
Ginger, grated	1½ tbsp
Garlic Clove, grated	1
Basmati Rice	150g
Water*	350ml
Chicken Stock Pot	1
Broccoli, florets	1
Ground Coriander	1½ tsp
Coriander, chopped	1 bunch
Natural Yogurt 7)	1 pot
Desiccated Coconut	25g

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 618G	PER 100G
Energy (kcal)	825	133
(kJ)	3452	558
Fat (g)	25	4
Sat. Fat (g)	11	2
Carbohydrate (g)	81	13
Sugars (g)	20	3
Protein (g)	69	11
Salt (g)	3.05	0.49

ALLERGENS

7) Milk

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

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

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

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