

Tandoori Style Chicken Loaded Naans

with Wedges, Mint Raita and Cucumber & Tomato Salad

Street Food 40-50 Minutes • Medium Spice • 2 of your 5 a day



Potatoes



Red Onion



Korma Style Paste



Greek Style
Natural Yoghurt



Chicken Thigh



Baby Plum
Tomatoes



Cucumber



Lemon



Mint



Plain Naan



Mango Chutney

Before you start

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

Cooking tools

Baking tray, frying pan, aluminium foil and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion**	1	1	2
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Greek Style Natural Yoghurt** 7)	150g	225g	300g
Chicken Thigh**	4	6	8
Baby Plum Tomatoes	125g	187g	250g
Cucumber**	½	¾	1
Lemon**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Plain Naan 7) 13)	2	3	4
Mango Chutney	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	884g 4403/1052	100g 498/119
Fat (g)	40.5	4.6
Sat. Fat (g)	12.0	1.4
Carbohydrate (g)	120.9	13.7
Sugars (g)	27.9	3.2
Protein (g)	52.7	6.0
Salt (g)	2.74	0.31

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard 13) Cereals containing gluten

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



Make the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them 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 top shelf until golden, 25-35 mins. Turn halfway through.

4



Salad Prep

Meanwhile, halve the **tomatoes** and pop into another medium bowl.

Halve the **cucumber** widthways (see ingredients for amount). Set one **half** aside. Cut the other **half** lengthways, then thinly slice widthways into half moons.

Add the **chopped cucumber** to the **tomato** bowl.

Halve the **lemon**, then squeeze **half** the **lemon juice** into the bowl (see ingredients for amount).

Season with **salt** and **pepper**, mix well, then set aside.

2



Marinade Time

Meanwhile, halve, peel and cut the **red onion** into 2cm wedges.

Pop the **korma style paste** and **half** the **yoghurt** into a large bowl, then season with **salt** and **pepper** and combine well. Add the **chicken** to the **marinade** and mix well.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan and set the remaining **marinade** aside. Fry the **chicken** until browned all over, 3-4 mins each side.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

5



Mix your Raita

Quarter the remaining **cucumber half** lengthways, then scoop out the seeds and discard them. Chop into small pieces.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Add the **cucumber** and **mint** to another medium bowl, then stir in the remaining **yoghurt** and **lemon juice**. Season with **salt** and **pepper**, mix together, then set your **raita** aside.

3



Finish the Chicken

While the **chicken** is frying, add the **onion wedges** to the leftover **marinade** and mix well to coat.

Once the **chicken** is browned, pop it onto foil-lined baking tray. Add the **onion wedges** alongside.

Bake on the middle shelf of your oven until the **chicken** is cooked through, 12-15 mins.

IMPORTANT: The chicken is cooked when no longer pink in the middle.

6



Finish and Serve

When everything is almost ready, put the **naan** on a baking tray. Sprinkle with a little **water** and pop them on the bottom shelf of the oven to warm through, 2-3 mins.

Transfer the **cooked chicken** to a chopping board and thinly slice.

Share the **naan**s between your plates and top with the **salad**, **sliced chicken** and **onions**. Spoon over the **raita** and the **mango chutney** to finish.

Serve your loaded **naan**s with **wedges** and remaining **salad** alongside.

Enjoy!