













Tandoori Style Hasselback Chicken

with Turmeric Rice, Green Beans and Chilli Coriander Yoghurt

27

Calorie Smart 35-40 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



-  Green Beans
-  Garlic Clove
-  Coriander
-  Red Chili
-  Chicken Fillet
-  Tandoori Masala Spice
-  Ground Turmeric
-  Low Fat Natural Yoghurt
-  Basmati Rice
-  Chicken Stock Paste

Before you start

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

Cooking tools

Kettle, garlic press, baking tray, aluminium foil and bowl.

Ingredients

	2P	3P	4P
Green Beans**	80g	150g	150g
Garlic Clove**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Chicken Fillet**	2	3	4
Tandoori Masala Spice	1 sachet	1 sachet	1 sachet
Ground Turmeric	1 sachet	1 sachet	1 sachet
Low Fat Natural Yoghurt** 7)	150g	150g	300g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Chicken Stock Paste	10g	20g	20g

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2185 /522	588 /141
Fat (g)	6	2
Sat. Fat (g)	2	1
Carbohydrate (g)	68	18
Sugars (g)	7	2
Protein (g)	51	14
Salt (g)	1.54	0.41

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

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.

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Get Prepped

Preheat your oven to 200°C. Fill and boil your kettle. Trim the **green beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed, then finely chop.



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice**, **chicken stock paste** and the remaining **turmeric** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid. 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).

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Marinate the Chicken

Line a baking tray with foil. Pop the **chicken breasts** in between two wooden spoon handles on a board. Make slices widthways at 1cm intervals, making sure not to cut all the way through. In a large bowl, mix together the **tandoori masala spice**, **half the turmeric** and **half the yoghurt**. Add the **hasselback chicken** to the bowl and season with **salt**, then use your hands to coat. Lay the **chicken**, cut-side up, onto the foil-lined baking tray. Discard any remaining **marinade** in the bowl. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Stir-Fry the Beans

When 10 mins of **chicken** cooking time remain, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the pan is hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins.



Roast Time

Once the oven is hot, roast the **chicken** on the top shelf until cooked through, 20-25 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Meanwhile, combine the remaining **yoghurt** with **half the coriander** and **half the chilli** (add less **chilli** if you don't like heat) in a small bowl. Set aside your **chilli coriander yoghurt**.



Finish and Serve

Once the **beans** are cooked, add the **cooked rice**, remaining **coriander** and **chilli** to the pan. Stir together until combined, then taste and season with **salt** and **pepper** if needed. Serve the **tandoori chicken** on top of your **turmeric rice**. Finish with a drizzle of **chilli coriander yoghurt**.

Enjoy!