



CHICKEN TIKKA & GARLIC RICE

with Tomato Salsa & Herbed Yoghurt



Infuse rice with garlic



Garlic



Basmati Rice



Chicken Breast



Tandoori Paste



Baby Spinach Leaves



Coriander



Greek Yoghurt



Tomato



Mango Chutney



Hands-on: 20 mins

Ready in: 25 mins



Eat me early

Enjoy the mild, aromatic flavours of India in this quick meal. Tender strips of chicken get a light tandoori coating, which goes perfectly with fragrant garlic rice. A collection of zesty side dishes takes this dinner to the next level: there's a fresh salad, creamy yoghurt sauce and sweet chutney to cover all your bases.

Each week, we search the country to source the best ingredients, with a focus on quality and variety. This week's cherry tomatoes were in short supply, so we've replaced them with gourmet tomatoes. Don't worry, the recipe will be just as delicious!

Pantry Staples: Olive Oil, Butter, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** with a **lid** • **large frying pan**



1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium-high heat. Add the garlic and cook until fragrant, **1 minute**. Add the water and **1/2 the salt**. Bring to the boil then add the **basmati rice**. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.



2 FLAVOUR THE CHICKEN

While the rice is cooking, slice the **chicken breast** into 1cm strips. In a medium bowl, combine the **tandoori paste**, the remaining **salt** and a **good drizzle of olive oil**. Add the chicken strips, toss to coat and set aside.



3 MAKE THE HERBED YOGHURT

Finely chop the **coriander**. In a small bowl, combine the **Greek yoghurt** and **1/2 the coriander**. Season with **salt** and **pepper** and mix well. Set aside.



4 MAKE THE TOMATO SALAD

Roughly chop the **tomatoes**. Roughly chop the **baby spinach leaves**. In a second medium bowl, combine the tomatoes, chopped baby spinach and remaining **coriander**. Add the **white wine vinegar** and **drizzle with olive oil**. Season with **salt** and **pepper** and stir to combine.



5 COOK THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **tandoori chicken** and cook, tossing regularly, until the chicken is browned and cooked through, **4-5 minutes**.

💡 **TIP:** Stand back! The tandoori paste can spatter while the chicken is cooking.

💡 **TIP:** Don't worry if your chicken gets a little charred during cooking, it adds to the flavour!



6 SERVE UP

Divide the garlic rice and chicken tikka between bowls. Serve with the herbed yoghurt, tomato salad and **mango chutney**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20 g	40 g
water*	1½ cups	3 cups
salt*	½ tsp	1 tsp
basmati rice	1 packet	2 packets
chicken breast	1 packet	1 packet
tandoori paste	1 tub (50 g)	2 tubs (100 g)
coriander	1 bunch	1 bunch
Greek yoghurt	1 packet (100 g)	2 packets (200 g)
tomato	2	4
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
white wine vinegar*	1 tsp	2 tsp
mango chutney	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3090kJ (739Cal)	542kJ (129Cal)
Protein (g)	47.7g	8.4g
Fat, total (g)	24.8g	4.3g
- saturated (g)	10.4g	1.8g
Carbohydrate (g)	77.2g	13.5g
- sugars (g)	13.9g	2.4g
Sodium (g)	1310mg	229mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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