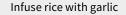


## **CHICKEN TIKKA & GARLIC RICE**

with Tomato Salsa & Herbed Yoghurt

















Chicken Breast

Tandoori Paste



Coriander







Tomato



Mango Chutney

**Pantry Staples:** Olive Oil, Butter, White Wine Vinegar

Hands-on: 20 mins Ready in: 25 mins 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!

# 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** 



#### **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**.



**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.



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.

### 2|4 PEOPLE INGREDIENTS

2P	4P
refer to method	refer to method
2 cloves	4 cloves
20 g	40 g
1½ cups	3 cups
½ tsp	1 tsp
1 packet	2 packets
1 packet	1 packet
<b>1 tub</b> (50 g)	<b>2 tubs</b> (100 g)
1 bunch	1 bunch
<b>1 packet</b> (100 g)	<b>2 packets</b> (200 g)
2	4
<b>1 bag</b> (30 g)	<b>1 bag</b> (60 g)
1 tsp	2 tsp
<b>1 tub</b> (50 g)	<b>1 tub</b> (100 g)
	refer to method 2 cloves 20 g 1½ cups 1½ cups 1 packet 1 packet 1 packet 1 bunch 1 bunch 1 packet (100 g) 2 1 bag (30 g) 1 tsp 1 tub

\*Pantry Items

#### 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

**5** 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 **between bowls**.

**ENJOY!** 



We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589 Hello@HelloFresh.co.nz

2019 | WK21





cooked through, 4-5 minutes.

spatter while the chicken is cooking.

TIP: Stand back! The tandoori paste can

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