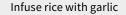


CHICKEN TIKKA & GARLIC RICE

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
1 tub (50 g)	2 tubs (100 g)
1 bunch	1 bunch
1 packet (100 g)	2 packets (200 g)
2	4
1 bag (30 g)	1 bag (60 g)
1 tsp	2 tsp
1 tub (50 g)	1 tub (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

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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!