



# Tandoori Chicken & Garlic Rice

with Cucumber-Mint Yoghurt & Mango Chutney

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Chicken Breast



Tandoori Paste



Cucumber



Mint



Yoghurt



Tomato



Mango Chutney

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Eat me early

Enjoy the mild, aromatic flavours of India in a meal that everyone will love! Tender strips of chicken get a light tandoori coating, which goes perfectly with fragrant garlic rice. Finish it off with a creamy mint yoghurt to cover all your bases.

## Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
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 packet (50g)	1 packet (100g)
cucumber	1 (medium)	1 (large)
mint	1 bunch	1 bunch
yoghurt	1 small packet	1 large packet
tomato	1	2
white wine vinegar*	½ tsp	1 tsp
mango chutney	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2970kJ (709Cal)	593kJ (142Cal)
Protein (g)	44.5g	8.9g
Fat, total (g)	23.8g	4.8g
- saturated (g)	10.1g	2.0g
Carbohydrate (g)	75.6g	15.1g
- sugars (g)	12.5g	2.5g
Sodium (mg)	1290mg	258mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, heat the **butter** and 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** and stir. 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 is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



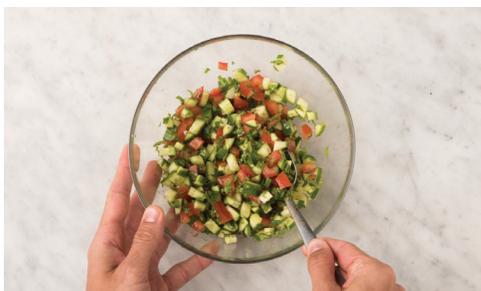
### 2. Flavour the chicken

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



### 3. Make the cucumber yoghurt

Finely chop the **cucumber**. Pick the **mint** leaves and thinly slice. In a small bowl, combine the **yoghurt**, **1/3** of the **cucumber** and **1/2** the **mint**. Season with **salt** and **pepper** and mix well. Set aside.



### 4. Make the tomato salsa

Roughly chop the **tomato**. In a second medium bowl, combine the **tomato**, **remaining cucumber** and **remaining mint**. Add the **white wine vinegar** and a **drizzle** of **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 **1/2** the **chicken** and cook, tossing, until browned and cooked through, **3-4 minutes**. Transfer to a bowl and repeat with the **remaining chicken**.

**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 tandoori chicken between bowls. Serve with the cucumber-mint yoghurt, tomato salsa and a dollop of **mango chutney**.

**Enjoy!**