

Dinner - Chicken Tikka & Garlic Rice

Lunch - Chicken Tikka Wraps with Mint

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Chicken Breast



Tandoori Paste



Greek-Style Yoghurt



Basmati Rice



Cucumber



Mint



Tomato



Coriander



Mango Chutney

For your lunch



Carrot



Classic Wraps



Garlic Aioli



Mixed Salad Leaves

DINNER
Hands-on: **35-45 mins**
Ready in: **40-50 mins**

Eat me early

LUNCH
Ready in: **10 mins**

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Serve up a mildly spiced chicken tikka on fragrant garlic rice, then pack up an Indian chicken and salad wrap to enjoy the next day for lunch. Extra delicious!

Pantry items

Olive Oil, Brown Sugar, Butter, Vinegar (White Wine or Rice Wine)

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
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
chicken breast	1 large packet	1 large packet & 1 medium packet
tandoori paste	1 packet (100g)	2 packets (150g)
salt* (for the chicken)	¼ tsp	½ tsp
brown sugar*	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
butter*	20g	40g
water*	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
mint	1 bunch	1 bunch
tomato	2	3
coriander	1 bunch	1 bunch
vinegar* (white wine or rice wine)	1 tsp	2 tsp
mango chutney	1 packet (50g)	1 packet (100g)
carrot	1	1
classic wraps	4	4
garlic aioli	1 packet (50g)	1 packet (50g)
mixed salad leaves	1 bag (30g)	1 bag (30g)

*Pantry Items

Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	3040kJ (727Cal)	551kJ (132Cal)
Protein (g)	45.3g	8.2g
Fat, total (g)	23.9g	4.3g
- saturated (g)	10.1g	1.8g
Carbohydrate (g)	78.8g	14.3g
- sugars (g)	14.8g	2.7g
Sodium (mg)	1060mg	191mg
Dinner	Per Serving	Per 100g
Energy (kJ)	3010kJ (720Cal)	638kJ (152Cal)
Protein (g)	43.9g	9.3g
Fat, total (g)	33.3g	7.0g
- saturated (g)	5.1g	1.1g
Carbohydrate (g)	57.1g	12.1g
- sugars (g)	9.3g	2.0g
Sodium (mg)	1340mg	283mg

Allergens

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

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

2021 | CW02



Flavour the chicken

Finely chop the **brown onion**. Finely chop the **garlic**. Slice the **chicken breast** into 1cm strips. In a medium bowl, combine the **chicken, tandoori paste, salt (for the chicken), brown sugar, Greek-style yoghurt** (2 tbs for 2 people / 1/4 cup for 4 people) and a good drizzle of **olive oil**. Season with **pepper**. Toss to coat and set aside to marinate.

TIP: If you have time, let the chicken marinate for 30 minutes to enhance the flavour.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, in batches, tossing, until the chicken is browned and cooked through, **3-4 minutes**. Transfer to a bowl. When all the **chicken** is cooked, set aside **2 portions** (about 1 cup) for tomorrow's lunch.

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



Make the garlic rice

In a medium saucepan, heat the **butter** and a dash of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, 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!



Serve up dinner

Divide the **garlic rice** and the remaining **chicken tikka** between plates. Serve with the **cucumber yoghurt, tomato salsa** and a dollop of **mango chutney**. Garnish with the reserved **coriander** leaves.



Get prepped

While the rice is cooking, finely chop the **cucumber**. Pick the **mint** leaves and thinly slice. In a small bowl, combine the remaining **yoghurt**, 1/2 the **cucumber** and 1/2 the **mint**. Season with **salt** and **pepper** and mix well. Set aside. Finely chop 1/2 the **tomato**. Roughly chop the **coriander** (reserve a few leaves for garnish!). In a second small bowl, combine the chopped **tomato, coriander** and remaining **cucumber**. Add the **vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper** and stir to combine. Set aside.



Prepare your lunch

When you're ready to pack lunch, thinly slice the remaining **tomato**. Grate the **carrot** (unpeeled). Arrange **4 classic wraps** on a clean surface and spread with the **garlic aioli**. Top with the **mixed salad leaves, tomato** slices, **carrot** and remaining **mint**. Add the reserved **chicken tikka**, tuck in the ends and roll into wraps. Wrap in foil or plastic wrap. Refrigerate. At lunchtime, remove the wrapping and reheat in a sandwich press or on a plate in the microwave for **30 second bursts**, until heated through.

Enjoy!