



Indian Sheet Pan Chicken and Cauliflower

with Pilau Rice and Lime Yogurt

PRONTO

30 Minutes



Chicken Thighs



Basmati Rice



Roma Tomato



Ginger



Cauliflower, florets



Lime



Greek Yogurt



Indian Spice



Green Peas

HELLO RAITA

An Indian, yogurt-based condiment that adds cooling balance to warming spices.

Start Strong

Before starting, preheat the oven to 450°F and wash and dry all produce.

Bust Out

Medium Pot, Paper Towels, Small Bowl, Measuring Spoons, Large Bowl, Parchment Paper, Baking Sheet

Ingredients

	2 Person	4 Person
Chicken Thighs	310 g **	620 g **
Basmati Rice	¾ cup	1 ½ cup
Roma Tomato	160 g	320 g
Ginger	30 g	60 g
Cauliflower, florets	285 g	570 g
Lime	1	1
Greek Yogurt	100 g	200 g
Indian Spice	1 tbsp	2 tbsp
Green Peas	½ cup	¾ cup
Sugar*	½ tsp	1 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Minimum weight on chicken

*** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. PREP & MARINATE CHICKEN

Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Combine the **ginger, Indian spice** and **half the yogurt** in a large bowl. Pat **chicken** dry with paper towels then cut into 1-inch pieces. Season with **salt and pepper**. Add **chicken** to bowl with **yogurt mixture** and toss to combine.



4. COOK RICE

While **chicken** and **veggies** roast, add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



2. PREP

While **chicken** marinates, add **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Cut **cauliflower** into bite-sized pieces. Cut **tomatoes** into ½-inch pieces. Zest **half the lime**. Cut **lime** into wedges. (1 lime for 4 ppl).



5. MAKE LIME YOGURT

Stir together **lime zest, remaining yogurt** and **½ tsp sugar** (dbl for 4 ppl) in a small bowl. Season with **salt and pepper**.



3. ROAST CHICKEN & VEGGIES

Add **chicken marinade, cauliflower, tomatoes** and **2 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Toss to combine then arrange in a single layer. (**NOTE:** Use two parchment-lined baking sheets for 4 ppl). Roast in the **middle** of the oven, stirring halfway through, until tender 18-20 min.*** (**NOTE:** For 4 ppl, bake in top and middle of the oven, rotating pans halfway through.)



6. FINISH & SERVE

When **rice** is tender, fluff with a fork. Stir in **peas** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt**. Divide **pilau rice** among plates. Top with **chicken** and **veggies**. Spoon **lime-yogurt** over **chicken** and squeeze over a **lime wedge**, if desired.

Dinner Solved!