

Spiced Chicken and Mango Chutney Naan Sandwich with Kachumber, Mint Yoghurt and Sweet Potato Wedges

Street Food 40-50 Minutes • Mild Spice • 3 of your 5 a day



Sweet Potato



North Indian
Style Spice Mix



Greek Style
Natural Yoghurt



Chicken Thigh



Baby Plum
Tomatoes



Cucumber



Spring Onion



Mint



Lime



Plain Naan



Mango Chutney

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, frying pan and aluminium foil.

Ingredients

| | 2P | 3P | 4P |
|-------------------------------|-----------|-----------|-----------|
| Sweet Potato** | 2 | 3 | 4 |
| North Indian Style Spice Mix | 2 sachets | 2 sachets | 4 sachets |
| Greek Style Natural Yoghurt** | 150g | 225g | 300g |
| Chicken Thigh** | 4 | 6 | 8 |
| Baby Plum Tomatoes | 125g | 250g | 250g |
| Cucumber** | ½ | ¾ | 1 |
| Spring Onion** | 1 | 1 | 2 |
| Mint** | 1 bunch | 1 bunch | 1 bunch |
| Lime** | ½ | 1 | 1 |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Plain Naan 7) | 2 | 3 | 4 |
| 11) 13) | | | |
| Mango Chutney | 1 sachet | 2 sachets | 2 sachets |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 825g | 100g |
| Energy (kJ/kcal) | 4665 /1115 | 565 /135 |
| Fat (g) | 41 | 5 |
| Sat. Fat (g) | 12 | 2 |
| Carbohydrate (g) | 137 | 17 |
| Sugars (g) | 33 | 4 |
| Protein (g) | 51 | 6 |
| Salt (g) | 1.62 | 0.20 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Cereals containing Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Wedges

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, scatter over **half** the **North Indian style spice mix**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** Use *two baking trays if necessary*. Once your oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Marinade Time

Pop the remaining **North Indian style spice mix** and **half** the **yoghurt** into a large bowl. Season with **salt** and **pepper**, then mix together. Pop the **chicken thighs** into the bowl and mix well to coat. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay the **chicken thighs** flat in the pan. Fry until browned all over, 3-4 mins each side. Once the **chicken** is browned, pop it onto a baking tray lined with foil. Bake on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Finish the Prep

Meanwhile, halve the **tomatoes**. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Trim and thinly slice the **spring onion**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Halve the **lime**.



Make the Kachumber Salad

Pop the **tomatoes**, **cucumber**, **spring onion** and **half** the **mint** into another medium bowl. Squeeze over some **lime juice**, then add the **olive oil for the dressing** (see ingredients for amount) and season with **salt** and **pepper**. Stir to combine, then set aside your **kachumber salad**. Pop the remaining **yoghurt** into a small bowl with the remaining **mint**, season with **salt** and **pepper**, then stir to combine. When everything is nearly ready, halve the **naans** widthways then pop onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.



Assemble and Serve

Cut any remaining **lime** into wedges. Thinly slice the **cooked chicken**. Pop **half** a **naan** on each plate, then divide the **sliced chicken**, **mint yoghurt** and **mango chutney** between them. Top with the remaining **naan halves** and serve with the **sweet potato wedges**, **kachumber salad** and any **lime wedges** alongside.

Enjoy!