



Tandoori Chicken & Roast Kumara Bowl

with Garlic Yoghurt Dressing

Grab your Meal Kit with this symbol



Kumara



Chicken Breast Strips



Tandoori Paste



Yoghurt



Garlic



Tomato



Baby Spinach Leaves



Coriander



Carrot



Lemon



Crushed Peanuts

Hands-on: 25-35 mins
Ready in: 35-45 mins

Eat me early

Bowls are all the rage right now... Buddha bowls, poke bowls, and now a tandoori chicken bowl. In keeping with the theme, this is healthy while still being incredibly satisfying, warming and aromatic.

Pantry items

Olive Oil, Brown Sugar

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

Oven tray lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
chicken breast strips	1 packet	1 packet
tandoori paste	1 packet (50g)	1 packet (100g)
brown sugar*	1 tsp	2 tsp
yoghurt	1 small packet	1 large packet
garlic	2 cloves	4 cloves
tomato	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
coriander	1 bunch	1 bunch
carrot	1	2
lemon	½	1
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2570kJ (614Cal)	397kJ (95Cal)
Protein (g)	47.8g	7.4g
Fat, total (g)	25.6g	4.0g
- saturated (g)	6.0g	0.9g
Carbohydrate (g)	44.9g	7.0g
- sugars (g)	23.8g	3.7g
Sodium (mg)	830mg	128mg

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.



1. Roast the kumara

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Place on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the kumara to size so it cooks in time!



2. Get prepped

While the kumara is roasting, cut the **chicken breast strips** into 2cm chunks. In a medium bowl, combine the **tandoori paste**, **brown sugar**, **yoghurt** (1 tbs for 2 people/2 tbs for 4 people) and a **small drizzle** of **olive oil**. Add the **chicken**, season with **salt** and **pepper** and toss to coat. Set aside. Finely chop the **garlic**. Roughly chop the **tomato** and the **baby spinach leaves**. Finely chop the **coriander**. Peel the **carrot** into ribbons using a vegetable peeler. Slice the **lemon** into wedges.

TIP: You can grate the carrot if you prefer!



3. Make the garlic yoghurt

Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl. Add the **remaining yoghurt** and a **squeeze** of **lemon juice** to the **garlic oil** and stir to combine. Season with **salt** and **pepper**. Set aside.



4. Cook the chicken

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook, tossing, until cooked through, **5-6 minutes**. Season to taste.



5. Bring it all together

In a large bowl, combine the roasted **kumara**, **tomato**, **carrot** and **baby spinach**. Add the **garlic yoghurt dressing** and toss to coat.



6. Serve up

Divide the roast kumara salad between bowls and top with the tandoori chicken. Sprinkle over the coriander and **crushed peanuts**. Serve with any remaining lemon wedges.

Enjoy!