

Tandoori Chicken Naan and Sweet Potato Fries with Sweet Chilli Sauce, Tomato Salad and Cucumber Yoghurt

Street Food 35-45 Minutes • Medium Spice • 3 of your 5 a day



Tandoori Masala Spice



Tomato Puree



Low Fat Natural Yoghurt



Diced Chicken Breast



Sweet Potato



Red Onion



Cider Vinegar



Medium Tomato



Cucumber



Baby Gem Lettuce



Plain Naan



Sweet Chilli Sauce

Before you start

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

Cooking tools

Bowl, baking tray and aluminium foil.

Ingredients

| | 2P | 3P | 4P |
|------------------------------|----------|------------|-----------|
| Tandoori Masala Spice | 2 pots | 2 pots | 2 pots |
| Tomato Puree | 1 sachet | 1½ sachets | 2 sachets |
| Low Fat Natural Yoghurt** 7) | 75g | 100g | 150g |
| Diced Chicken Breast** | 280g | 420g | 560g |
| Sweet Potato** | 1 | 2 | 2 |
| Red Onion** | ½ | ¾ | 1 |
| Cider Vinegar 14) | 1 sachet | 1½ sachets | 2 sachets |
| Sugar for the Pickle* | 1 tsp | 1½ tsp | 2 tsp |
| Medium Tomato | 2 | 3 | 4 |
| Cucumber** | ½ | ¾ | 1 |
| Baby Gem Lettuce** | 1 | 1½ | 2 |
| Plain Naan 7) 11) 13) | 2 | 3 | 4 |
| Sweet Chilli Sauce | 32g | 48g | 64g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 691g | 100g |
| Energy (kJ/kcal) | 3070 /734 | 444 /106 |
| Fat (g) | 9 | 1 |
| Sat. Fat (g) | 2 | 1 |
| Carbohydrate (g) | 112 | 16 |
| Sugars (g) | 29 | 4 |
| Protein (g) | 48 | 7 |
| Salt (g) | 3.12 | 0.45 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Cereals containing gluten 14) Sulphites

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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Marinate the Chicken

Preheat your oven to 230°C/210°C fan/gas mark 8. In a medium bowl, combine the **tandoori masala spice** (use less if you don't like heat), **tomato puree** and **half the yoghurt**. Season with **salt, pepper** and a pinch of **sugar** (if you have any). Add the **diced chicken** and stir to combine. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Salad Time

Meanwhile, chop the **tomatoes** into 2cm chunks. Trim the **cucumber** then halve lengthways. Chop each half into 4 long strips, then chop widthways into small pieces. Trim the **baby gem**, halve lengthways, then thinly slice widthways. Pop the **tomatoes** in a small bowl with a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss to combine and set aside. In another small bowl, combine the **cucumber** and remaining **yoghurt**. Set aside.



Prep the Veg

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Halve, peel and thinly slice the **red onion**. Pop into another medium bowl with the **cider vinegar** and **sugar for the pickle** (see ingredients for amount). Season with **salt** and **pepper**, stir well and set aside.



Cook the Chicken

Line a baking tray with foil. Put the **marinated chicken** on the tray and bake on the top shelf until cooked through, 10-12 mins. Turn halfway through. **TIP:** Don't be afraid if the chicken chars - this will add to the flavour. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Pop the **naans** onto a baking tray, sprinkle with a little **water** and bake them on the bottom shelf for the final 3-4 mins of **chicken** cooking time.



Bake the Fries

Pop the **sweet potato fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the middle shelf until golden, 25-30 mins. Turn halfway through.



Pile It Up

This **dish** is all about piling it high. Put a **naan** on each plate and top with the **lettuce**, followed by the **tandoori chicken, sweet potato fries, tomato salad** and **cucumber yoghurt**. Scatter the **pickled onions** over the top, followed by a drizzle of **sweet chilli sauce**.

Enjoy!