



TANDOORI CHICKEN

with Roast New Potatoes, Baby Gem Salad and Mango Dressing



HELLO LETTUCE

The ancient Romans ate lettuce at the end of a meal because it was thought to induce sleep.



Chicken Breast



Tandoori Masala Mix



Lemon



New Potatoes



Baby Gem Lettuce



Vine Tomato



Natural Yoghurt



Mango Chutney

 35 mins

 1.5 of your 5 a day

 Little Heat

The Indian tandoor oven is made from clay but you don't need a huge piece of pottery in your kitchen to roast spicy tandoori-style chicken. This version comes with roast new potatoes and a yoghurt-dressed salad to cool the spice. Delicious!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Fine Grater**, some **Clingfilm**, two **Baking Trays**, a **Frying Pan** and some **Foil**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Preheat your oven to 200°C. Lay a **chicken breast** on your chopping board and place your hand flat on top. Slice into it from the side so it opens like a book. Repeat for the remaining **chicken** then transfer to a mixing bowl along with the **tandoori masala mix**, a drizzle of **oil**, the **zest** of the **lemon** and a squeeze of **lemon juice**. Season with **salt** and **black pepper**. Mix to coat the **chicken** then cover with clingfilm and pop in the fridge.



2 ROAST THE POTATOES

While the chicken marinates, halve the **new potatoes** and put them on a baking tray. Drizzle with a little **oil**, season with **salt** and **black pepper** and toss to coat evenly. Spread them out, then roast on the top shelf of your oven until golden and crispy, 20 mins.



3 COOK THE CHICKEN

Meanwhile, put a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **chicken** and fry until brown, 2-3 mins each side. Transfer to another baking tray and roast on the middle shelf of your oven until cooked through, 15 mins. **★ TIP:** *The chicken is cooked when it is no longer pink in the middle.* When cooked, remove the **chicken** to a plate and cover with foil to rest and keep warm.



4 MAKE THE SALAD

While the **chicken** cooks, remove and discard the root from the **baby gem lettuce**. Halve it lengthways, then slice as thinly as you can and put in a large bowl. Chop the **tomato** into 1cm pieces and add to the bowl with the **lettuce**.



5 MAKE THE DRESSING

Put the **yoghurt** in a small bowl and stir in the **mango chutney**. Season to taste with **salt** and **black pepper** and set aside.



6 FINISH AND SERVE

Slice each **chicken breast** into five strips. Add a few spoonfuls of the **yoghurt** dressing to the **salad** and gently toss to combine. You don't want the **salad** to be swimming in dressing, so just add enough to coat it! Taste and add a pinch of **salt** and **black pepper** if desired. Serve the **roast potatoes** alongside the **salad**, topped with the sliced **chicken** and a drizzle of remaining **dressing**. **Enjoy!**

2 PEOPLE INGREDIENTS

Chicken Breast	2
Tandoori Masala Mix	1½ tsp
Lemon	1
New Potatoes, halved	1 pack
Baby Gem Lettuce, sliced	1
Vine Tomato, chopped	2
Natural Yoghurt ⁷⁾	1 pot
Mango Chutney	40g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	448	72
(kJ)	1900	303
Fat (g)	7	1
Sat. Fat (g)	3	0
Carbohydrate (g)	52	8
Sugars (g)	22	4
Protein (g)	46	7
Salt (g)	1.22	0.20

ALLERGENS

⁷⁾Milk

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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