



# Tandoori Hasselback Chicken

with Turmeric Rice, Green Beans and Red Chilli Yoghurt

N° 17

**BALANCED** 20 Minutes • Under 600 Calories • Medium Heat • 1 of your 5 a day



Green Beans



Garlic Clove



Coriander



Red Chilli



Ground Turmeric



Basmati Rice



Chicken Breast



Tandoori Masala Spice



Natural Yoghurt

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Large Saucepan, Sieve, Baking Tray and Frying Pan.

### Ingredients

	2P	3P	4P
Green Beans**	1 small pack	1 large pack	1 large pack
Garlic Clove**	1 clove	1 clove	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Ground Turmeric	1 pot	1 pot	1 pot
Basmati Rice	150g	225g	300g
Chicken Breast**	2	3	4
Tandoori Masala Spice	1 small pot	¾ large pot	1 large pot
Natural Yoghurt 7)**	150g	150g	300g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	367g	100g
Energy (kJ/kcal)	2182/522	595/142
Fat (g)	5	2
Sat. Fat (g)	2	1
Carbohydrate (g)	67	18
Sugars (g)	7	2
Protein (g)	50	14
Salt (g)	0.73	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

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## 1. Prep Time

- Fill and boil your kettle.
- Preheat your grill to its highest setting.
- Trim the **green beans** and chop into thirds.
- Peel and grate the **garlic** (or use a **garlic press**).
- Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** lengthways, deseed then finely chop.



## 4. Cook the Chicken

- Pop the **chicken** under the grill and cook until scorched, 5 mins.
- Turn and repeat on the other side, another 5 mins. Lower the heat and cook until the **chicken** is cooked through, another 2 mins each side.  
**IMPORTANT:** The chicken is cooked when no longer pink in the middle.

### BALANCED RECIPE

**Under 600 Calories • Low Sat Fat • Low Salt • High Protein**

**Featured Ingredient:** **Chicken** is a great source of lean protein. Skinless chicken breast is both low in fat and high in protein and is a great source of selenium. Selenium contributes to the maintenance of hair and nails.



## 2. Cook the Rice

- Fill a large saucepan with boiling **water** from the kettle.
- Bring back to the boil with a ¼ tsp of **salt** and **half** the **turmeric**.
- When boiling, add the **rice** and cook until tender, 10-12 mins. Drain in a sieve.



## 5. Stir fry the Beans

- While the chicken cooks, heat a splash of **oil** in a frying pan over medium heat.
- When hot, add the **green beans** and stir fry until softened, 4-5 mins.
- Add the **garlic**, cook for a minute more and then stir in the cooked, drained **rice**. Season to taste with **salt**. Mix in **half** the **coriander** and **chilli**.



## 3. Marinate the Chicken

- Pop the **chicken breasts** onto your chopping board and cut into the flesh widthways at 1cm intervals. Be careful not to cut all the way through! See pic.
- In a bowl mix the **tandoori spice mix**, the remaining **turmeric** and **half** of the **natural yoghurt**.
- Add the **chicken** and season with **salt**. Use your hands to coat the **chicken**. Transfer to a piece of foil and pop onto a baking tray or a grill pan.  
**IMPORTANT:** Wash your hands after handling raw meat.



## 6. Finish and Serve

- Mix the rest of the **coriander** and **chilli** through the remaining **yoghurt**.
- Share the **rice** between your plates and serve the **tandoori chicken** alongside.
- Finish with a drizzle of the **yoghurt**.

## Enjoy!

### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.