

Tandoori Style Chicken on Naans

with Raita, Mango Chutney, Nigella Seed Wedges and Crunchy Salad

Street Food • 40 Minutes • Medium Spice • 2 of your 5 a day



Potatoes



Nigella Seeds



Red Onion

Greek Yoghurt



Korma Curry Paste



Chicken Thighs



Baby Plum Tomatoes



Cucumber



Coriander



Red Chilli



Lemon



Mint



Naan



Mango Chutney

Before you start

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

Cooking tools, you will need:

Two Baking Trays and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Nigella Seeds	½ pot	¾ pot	1 pot
Red Onion**	1	1	2
Greek Yoghurt 7) **	150g	225g	300g
Korma Curry Paste 9)	1 sachet	1½ sachets	2 sachets
Chicken Thighs**	4	6	8
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Cucumber**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Lemon**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Naan 7) 13)	4	6	8
Mango Chutney	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	889g / 2042	100g / 117
Fat (g)	42	5
Sat. Fat (g)	12	1
Carbohydrate (g)	115	13
Sugars (g)	27	3
Protein (g)	53	6
Salt (g)	2.74	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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1



2



3



4



5



6

Make the Salad

Halve the **tomatoes** and pop into a medium bowl. Halve the **cucumber** widthways (see ingredients for amounts). Cut one half lengthways then thinly slice widthways into half-moons. Pop into the bowl with the **tomatoes**. Roughly chop the **coriander** (stalks and all) and add to the bowl. Halve the **chilli** lengthways, deseed then finely chop and add to the bowl. Halve the **lemon** and add **half the lemon juice**, season with **salt** and **pepper** and mix well. Set aside.

Make the Raita

Quarter the remaining **cucumber** lengthways, scoop out the seeds and discard them. Chop into small pieces and pop into a medium bowl. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks) and add to the bowl with the chopped **cucumber**. Add the remaining **Greek yoghurt**, **juice** from the remaining **lemon**, season with **salt** and **pepper** and mix together. Set aside.

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.

Finish Up!

When everything is nearly ready, pop the **naans** in the oven alongside the **wedges** until warmed through, 2-3 mins. Pop the **chicken** onto a chopping board and thinly slice. Divide the **naans** between your plates, top with the **sliced chicken** and **onion**, spoon over the **raita** and the **mango chutney**. Serve with the **wedges** and **salad** alongside.

Enjoy!

