

Chicken Tikka Bites

with Coriander Yoghurt and Mango Chutney

Special Sides 25-30 Minutes • Mild Spice







Greek Style Natural Yoghurt



Masala Paste



Chicken Breasts

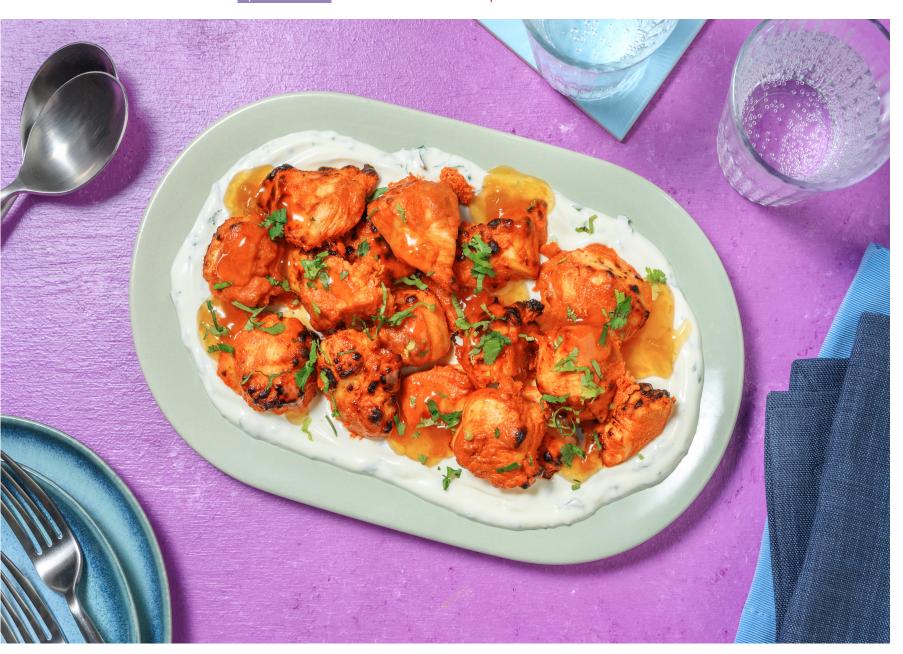
Garlic Clove







Mango Chutney



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Bowl, baking paper, baking tray, aluminium foil and kitchen scissors. \\

Ingredients

Ingredients	Quantity	
Tikka Masala Paste	75g	
Greek Style Natural Yoghurt** 7)	150g	
Chicken Breasts**	2	
Garlic Clove**	2	
Coriander**	1 bunch	
Mango Chutney	40g	
Pantry	Quantity	
Honev*	1 thsp	

Nutrition

*Not Included **Store in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	308g	100g
Energy (kJ/kcal)	1810 /433	589/141
Fat (g)	16.2	5.3
Sat. Fat (g)	6.3	2.1
Carbohydrate (g)	27.6	9.0
Sugars (g)	24.3	7.9
Protein (g)	44.3	14.4
Salt (g)	2.27	0.74

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

- a) Preheat your oven to 220°C/200°C fan/gas mark 7.
- b) In a medium bowl, combine the tikka masala paste, 2 tbsp of Greek style yoghurt and the honey (see pantry for amount). Season with salt and pepper.
- c) Cut each chicken breast into 3cm chunks. Add the chicken to the tikka yoghurt sauce and stir to coat the chicken. Transfer to a lined baking tray.
- **d)** Once the oven is hot, bake on the top shelf until cooked through and lightly charred, 22-24 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Prep the Dip

- a) Meanwhile, pop the garlic (unpeeled) into a small piece of foil with a drizzle of oil and scrunch to enclose it.
- **b)** Roast the **garlic parcel** on a baking tray on the middle shelf of the oven until soft, 10-12 mins.
- c) In the meantime, roughly chop the coriander (stalks and all).
- **d)** Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.
- e) In a small bowl, combine the remaining Greek style yoghurt, mashed roasted garlic and three quarters of the coriander, then season with salt and pepper.



Finish and Serve

- **a)** Spoon the **coriander garlic yoghurt sauce** into the bottom of your serving bowl.
- b) Top with your cooked tikka chicken bites.
- c) Drizzle over the mango chutney and sprinkle over the remaining coriander to finish.

Enjoy!