



Tandoori Inspired Chicken and Potato Traybake with Tomatoes and Yoghurt Drizzle

Stacey Solomon

35-40 Minutes • Medium Spice • 1 of your 5 a day

45



Garlic Clove



British Chicken Breasts



Korma Curry Paste



Low Fat Natural Yoghurt



Potatoes



Green Pepper



Tandoori Masala Mix



Baby Plum Tomatoes

Pantry Items

Oil, Salt, Pepper, Olive Oil

Stacey ♥

Stacey Solomon's Picks

We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

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

Garlic press, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
British Chicken Breasts**	2	3	4
Korma Curry Paste 9)	50g	75g	100g
Low Fat Natural Yoghurt** 7)	75g	150g	150g
Potatoes	450g	700g	900g
Green Pepper***	1	1½	2
Tandoori Masala Mix	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	½ tbsp	1 tbsp	1½ tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	582g	100g
Energy (kJ/kcal)	2150 /514	369 /88
Fat (g)	12.0	2.1
Sat. Fat (g)	2.6	0.5
Carbohydrate (g)	57.0	9.8
Sugars (g)	10.7	1.8
Protein (g)	47.1	8.1
Salt (g)	2.02	0.35

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

Allergens

7) Milk 9) Mustard

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, mollusc, 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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Marinate the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

In a large bowl, add the **garlic, chicken breasts, korma curry paste** and **half the yoghurt**. Season with **salt**, then mix to coat the **chicken** in the marinade. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Prep the Veg

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel).

Halve the **green pepper** and discard the core and seeds. Chop into 2cm chunks.



Spiced Potato Time

Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **tandoori masala mix**.

Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Roast the Chicken and Pepper

Meanwhile, lay the **marinated chicken breasts** flat onto one side of the tray.

Roast on the middle shelf of your oven until the **chicken** is cooked through, 25-30 mins.

Turn halfway through cooking, then add the **pepper chunks** to the **chicken** tray. Drizzle with **oil**, then season with **salt** and **pepper**. Cook for the remaining 15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Prep the Tomatoes

While everything bakes, halve the **baby plum tomatoes** and pop them into a small bowl.

Season with **salt** and **pepper**, then stir through the **olive oil** for the **dressing** (see pantry for amount). Set aside.



Serve

When the **chicken** and **veg** are cooked, share the **chicken breasts, roasted peppers** and **spiced potatoes** between your plates. Spoon over the **tomatoes**.

Finish with a drizzle of the remaining **yoghurt**.

Enjoy!