

# Korma Style Chicken and Tandoori Beef Skewers

with Aloo Gobi Mango Chutney Salad and Tomato Salad

BBQ Feast 40-50 Minutes • Medium Spice • 2 of your 5 a day



Bamboo Skewers



Salad Potatoes



Garlic Clove



Cauliflower Florets



Tandoori Masala Mix



Breadcrumbs



British Beef Mince



Korma Curry Paste



Greek Style Natural Yoghurt



British Chicken Breasts



Lime



Baby Plum Tomatoes



Mango Chutney

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## 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

Saucepan, garlic press, colander, bowl and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Salad Potatoes	350g	500g	700g
Garlic Clove**	2	3	4
Cauliflower Florets**	300g	450g	600g
Tandoori Masala Mix	1 sachet	1 sachet	2 sachets
Breadcrumbs <b>13</b>	10g	15g	20g
British Beef Mince**	240g	360g	480g
Korma Curry Paste <b>9</b>	50g	75g	100g
Greek Style Natural Yoghurt** <b>7</b>	150g	225g	300g
British Chicken Breasts**	2	3	4
Lime**	1	1	1
Baby Plum Tomatoes	125g	250g	250g
Mango Chutney	40g	40g	80g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3854 /921	448 /107
Fat (g)	42.1	4.9
Sat. Fat (g)	16.1	1.9
Carbohydrate (g)	62.2	7.2
Sugars (g)	26.9	3.1
Protein (g)	78.2	9.1
Salt (g)	3.43	0.4

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

## Allergens

**7) Milk 9) Mustard 13) Cereals** containing gluten

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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## Get Prepped

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

Soak your **skewers** in **cold water** (this will prevent them from burning). Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **potatoes**.

Halve the **salad potatoes** (quarter any larger ones). Peel and grate the **garlic** (or use a garlic press).



## Marinate the Chicken

In another large bowl, combine the **korma curry paste** with a **third** of the **yoghurt**. Season with **salt** and **pepper** and mix together.

Lay the **chicken breast** onto your chopping board, place your hand flat on top and slice into it from the side until there's 2cm left (be careful not to slice all the way through). Open it up like a book. Repeat with the other **breast(s)** - you've butterflied your **chicken!**

Add to the bowl of **marinade** and mix well to coat. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



## Start Cooking

Add the **potatoes** to the pan of **boiling water**. Simmer until tender, 15-20 mins. Once cooked, drain in a colander and pop into a large serving bowl. Set aside to cool.

Meanwhile, halve any large **cauliflower florets**. Pop the **cauli** onto a large baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Roast on the top shelf of your oven until golden and tender, 15-18 mins.

When ready, remove from your oven. Add to the bowl of **potatoes** and leave to cool.



## Ready, Steady, Bake

If you're using the oven, place the open **chicken breasts** on a lightly oiled baking tray (pat any leftover marinade over the chicken).

Bake on the top shelf of your oven until golden and cooked through, 15-20 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

When the **chicken** has cooked for 5 mins, add the **koftas** to the same tray. Bake for the remaining time until browned on the outside and cooked through, 12-15 mins. **IMPORTANT: The koftas are cooked when no longer pink in the middle.**

Alternatively, cook them on the **BBQ**.

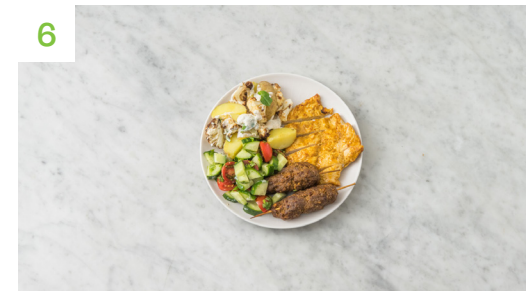


## Prep the Koftas

Meanwhile, in a large bowl, combine the **garlic**, **tandoori masala mix**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.

Season with **pepper** and mix together with your hands. Shape into sausage shapes, 2 per person.

Flatten to make **koftas** and thread a skewer through each one. **IMPORTANT: Wash your hands and equipment after handling raw mince.**



## Finish and Serve

Meanwhile, zest and halve the **lime**, then squeeze the **lime juice** into another large bowl. Mix in the **olive oil** (see pantry for amount), then season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Stir together.

Halve the **baby plum tomatoes**. Add the **tomatoes** to the bowl of **lime dressing**. Set aside.

In another small bowl, mix the **lime zest** with the **mango chutney** and remaining **yoghurt**. Drizzle over the **cauliflower** and **potatoes**.

Serve the **chicken** and **beef koftas** with the **aloo gobi salad** and **tomato salad** alongside.

Enjoy!