



Chicken Tikka Masala Bites on Coriander Yoghurt with Mango Chutney Drizzle

Special Sides 25-30 Minutes • Mild Spice

7A

Find all your unchilled
Market items in bag A.



Tikka Masala Paste



Greek Style
Natural Yoghurt



British Chicken
Breasts



Garlic Clove



Coriander



Mango Chutney

Pantry Items

Honey, Salt, Pepper, 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

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

Ingredients

Ingredients	Quantity
Tikka Masala Paste	75g
Greek Style Natural Yoghurt** 7)	150g
British Chicken Breasts**	2
Garlic Clove**	2
Coriander**	½ bunch
Mango Chutney	40g

Pantry	Quantity
Honey*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	308g 1816 /434	100g 590 /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)	2.30	0.75

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, 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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2



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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** (use less if you'd prefer things milder), **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.*

Make the Dip

a) Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Pop onto a baking tray.

b) Roast the **garlic parcel** on the middle shelf of the oven until soft, 10-12 mins.

c) In the meantime, roughly chop **half** the **coriander** (stalks and all). **TIP:** *Keep the remaining coriander for another recipe.*

d) Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Finish and Serve

a) 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**.

b) Spoon the **coriander yoghurt sauce** into the bottom of your serving bowl.

c) Top with your **cooked chicken tikka masala bites**.

d) Drizzle over the **mango chutney** and sprinkle over the remaining **coriander** to finish.

Enjoy!