

Curried Chicken and Roasted Pepper Salad

with Naan Croutons, Flaked Almonds and Mango Chutney Dressing

Classic 40-45 Minutes • Mild Spice • 1 of your 5 a day



Garlic Clove



Bell Pepper



British Chicken Thighs



Korma Curry Paste



Plain Naans



Medium Tomato



Mango Chutney



Low Fat Natural Yoghurt



Cider Vinegar



Baby Leaf Mix



Toasted Flaked Almonds

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

Aluminium foil, bowl, baking tray, bowl and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
British Chicken Thighs**	3	4	6
Korma Curry Paste 9)	50g	75g	100g
Plain Naans 7) 13)	2	3	4
Medium Tomato	1	2	2
Mango Chutney	40g	60g	80g
Low Fat Natural Yoghurt** 7)	75g	150g	150g
Cider Vinegar 14)	15ml	22ml	30ml
Baby Leaf Mix**	50g	100g	100g
Toasted Flaked Almonds 2)	15g	25g	30g

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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	518g	100g
Energy (kJ/kcal)	3724 /890	720 /172
Fat (g)	38.6	7.5
Sat. Fat (g)	8.0	1.5
Carbohydrate (g)	87.6	16.9
Sugars (g)	22.9	4.4
Protein (g)	49.0	9.5
Salt (g)	3.00	0.58

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

Allergens

2) Nuts 7) Milk 9) Mustard 13) Cereals containing gluten 14) Sulphites

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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Start the Prep

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

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Pop the **chicken thighs** into a large bowl along with the **korma curry paste** and mix together to coat.



Time to Bake

When the **chicken** is halfway through cooking, pop the **crouton** tray onto the top shelf and bake until the **croutons** are golden and the **garlic** is softened, 8-10 mins.

Once cooked, remove from the oven and set aside.



Get Roasting

Lay the **chicken** flat on one half of a baking tray and the **sliced pepper** on the other half. Drizzle some **oil** over the **pepper** and season with **salt** and **pepper**.

Once hot, roast on the middle shelf of your oven until the **chicken** is browned and cooked through and the **pepper** is tender, 16-18 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 Yoghurt Dressing

While everything's in the oven, chop the **tomato** into 1cm pieces.

In a large bowl, combine the **mango chutney**, **yoghurt** and **cider vinegar**. Season with **salt** and **pepper** to taste, then mix in the **tomato**.

Once the **roasted garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir it through the **mango chutney yoghurt**, then set aside.

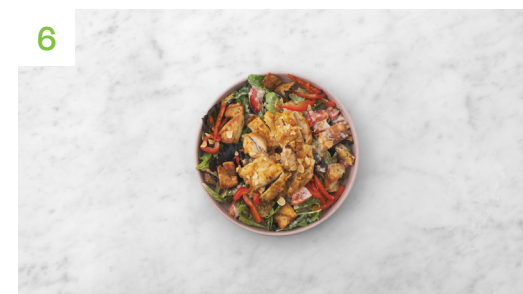


Make your Croutons

Meanwhile, cut the **naans** (1 per person) into roughly 2cm squares.

Pop them onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, toss to coat well and spread out into a single layer.

Add the **garlic parcel** alongside on the same tray.



Finish and Serve

When everything's ready, pop the **baby leaf mix**, **roasted pepper** and **naan croutons** into the bowl of **yoghurt dressing**. Toss to coat, then share the **salad** between your serving bowls.

Thinly slice the **curried chicken** and lay it on top of the **salad**.

Sprinkle over the **flaked almonds** to finish.

Enjoy!