



# Fuss-Free Tandoori Inspired Chicken Traybake

with Potatoes, Tomatoes and Yoghurt Drizzle

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

45



Garlic Clove



British Chicken Thighs



Korma Curry Paste



Low Fat Natural Yoghurt



Potatoes



Green Pepper



Tandoori Masala Mix



Baby Plum Tomatoes



British Chicken Breasts

### Pantry Items

Oil, Salt, Pepper, Olive Oil

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



## 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 Thighs**            | 4        | 6        | 8         |
| Korma Curry Paste <b>9)</b>         | 50g      | 75g      | 100g      |
| Low Fat Natural Yoghurt** <b>7)</b> | 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      |
| British Chicken Breasts**           | 2        | 3        | 4         |

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

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

## Nutrition

| Typical Values          | Custom Recipe |           |             |          |
|-------------------------|---------------|-----------|-------------|----------|
|                         | Per serving   | Per 100g  | Per serving | Per 100g |
| for uncooked ingredient | 622g          | 100g      | 582g        | 100g     |
| Energy (kJ/kcal)        | 3025 / 723    | 486 / 116 | 2150 / 514  | 639 / 88 |
| Fat (g)                 | 34.7          | 5.6       | 12.0        | 2.1      |
| Sat. Fat (g)            | 9.3           | 1.5       | 2.6         | 0.5      |
| Carbohydrate (g)        | 56.8          | 9.1       | 57.0        | 9.8      |
| Sugars (g)              | 10.6          | 1.7       | 10.7        | 1.8      |
| Protein (g)             | 50.2          | 8.1       | 47.1        | 8.1      |
| Salt (g)                | 2.10          | 0.34      | 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

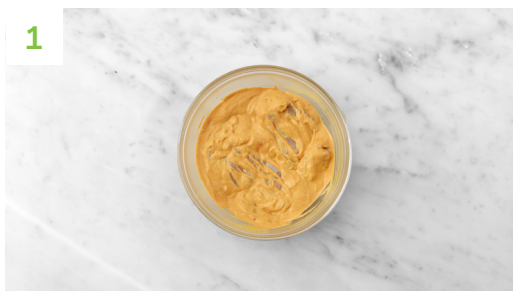
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## 1 Marinate the Chicken

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 thighs, 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.

### ↔ Swap to Chicken Breast

If you've chosen **chicken breast** instead, prep the **chicken** in the same way.



## 4 Roast the Chicken and Pepper

Meanwhile, pop the **pepper chunks** onto one side of a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat.

Lay the **marinated chicken thighs** flat onto the other side of the same tray as the **pepper**.

Roast on the middle shelf of your oven until the **pepper** is golden and the **chicken** is cooked through, 16-18 mins. Turn halfway through. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

### ↔ Swap to Chicken Breast

Roast the **chicken breasts** on the top shelf of your oven, 25-30 mins until cooked through. Slice into 1cm thick slices when serving.



## 2 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.



## 5 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.



## 3 Spiced Potato Time

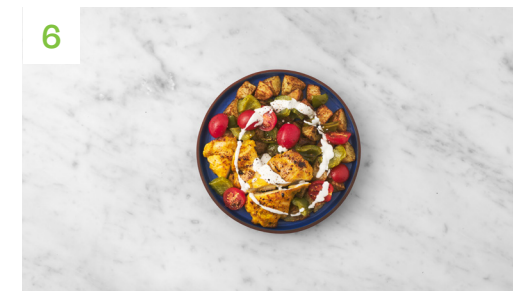
Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **tandoori masala mix**.

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.

### ↔ Swap to Chicken Breast

Roast the **potatoes** on the middle shelf for 30-40 mins, the **chicken breasts** will go on the top shelf.



## 6 Serve

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

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

## Enjoy!