




















Chicken Tikka Naan Pizza

with Sweet Potato Fries and Mango Chutney

Street Food 30 Minutes • Medium Spice • 3 of your 5 a day

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-  Bell Pepper
-  Lime
-  Red Onion
-  Garlic Clove
-  Coriander
-  Mozzarella
-  Red Wine Vinegar
-  Sweet Potato Fries
-  Diced Chicken Breast
-  Ground Coriander
-  Tomato Puree
-  North Indian Style Spice Mix
-  Tomato Passata
-  Plain Naan
-  Mango Chutney
-  Nigella Seeds
-  Baby Leaves

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Zester, Garlic Press, Bowl, Baking Tray, Frying Pan

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Lime	½	1	1
Red Onion**	½	½	1
Garlic Clove	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Mozzarella 7 **	1 ball	1½ balls	2 balls
Red Wine Vinegar 14	1 sachet	1 sachet	2 sachets
Sugar*	1 tsp	1 tsp	2 tsps
Sweet Potato Fries**	250g	375g	500g
Diced Chicken Breast**	280g	420g	560g
Ground Coriander	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachet
Tomato Passata	1 carton	1½ cartons	2 cartons
Plain Naan 7 11 13	2	3	4
Mango Chutney	1 sachet	2 sachets	2 sachets
Olive Oil*	1 tbsp	2 tbsps	2 tbsps
Nigella Seeds	1 sachet	1 sachet	2 sachets
Baby Leaves**	50g	50g	100g

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

Nutrition

	Per serving	Per 100g
for uncooked ingredient	754g	100g
Energy (kJ/kcal)	3967/948	526/126
Fat (g)	26	3
Sat. Fat (g)	14	2
Carbohydrate (g)	121	16
Sugars (g)	34	5
Protein (g)	60	8
Salt (g)	3.29	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.



Get Prepped

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Zest and halve the **lime**. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Keep a few **sprigs** of **coriander** aside for garnish, roughly chop the rest (stalks and all). Drain the **mozzarella** and thinly slice. Pop the **red onion** into a small bowl. Add the **red wine vinegar**, **sugar** (see ingredients for amount) and a pinch of **salt**. Stir to combine and leave to one side.



Make the sauce

In the meantime, heat a drizzle of **oil** in a frying pan over medium heat. Once hot, add the **tomato puree**, **garlic** and **North Indian style spice mix** to the pan. Cook for 30 seconds, stirring continuously, then add the **passata**. Increase the heat slightly and reduce the **sauce** until thick and tomatoey, 3-4 mins. Stir regularly. Once reduced, mix the **chopped coriander** into the **sauce** and remove from the heat. Season to taste with **salt** and **pepper**.



Roast the Sweet Potato

Pop the **sweet potato fries** on a baking tray and drizzle with **oil** and season with **salt** and **pepper**. Toss together, then arrange in a single layer. Set aside. Roast on the middle shelf of your oven until golden, 20-25 mins. Turn halfway through cooking.



Pizza Time

When the **chicken** and **peppers** are ready, transfer to a plate and wipe the tray clean with kitchen paper. Pop the **naans** onto the tray. Spoon the **tomato sauce** on top and spread with the back of a spoon (leave space for a crust). Divide the **chicken** and **pepper** between the **naans**. Lay the **mozzarella** slices evenly on top. Cook the **pizzas** on the top shelf until the **cheese** has melted and the edges are starting to colour, 6-8 mins.



Cook the Chicken

Pop the sliced **pepper** and **diced chicken** onto another baking tray. Drizzle with **oil** and sprinkle over the ground **coriander**, **lime zest** and a pinch of **salt** and **pepper**. Toss to combine and spread out in a single layer. **IMPORTANT:** Wash your hands after handling raw meat. Roast on the top shelf of your oven until the **pepper** is beginning to soften and the **chicken** is cooked, 10-12 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Finish Off

Meanwhile, in a large bowl, mix together **half** the **mango chutney**, the **olive oil for the dressing** (see ingredients for amount) and the **lime juice**. Once the **pizzas** are out, sprinkle over the **nigella seeds**, pickled **red onion** and remaining **coriander** sprigs. Dollop the remaining **mango chutney** over the top. Pop the **salad leaves** into the bowl with the **dressing** and toss to coat. Serve the **salad** and **fries** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.