



# Tandoori Chicken and Sweet Potato Loaded Naan with Tomato Salad and Cucumber Raita

34

Street Food 40-45 Minutes • Mild Spice • 3 of your 5 a day



Tandoori Masala Spice



Greek Style Natural Yoghurt



Diced Chicken Breast



Sweet Potato



Tomato Puree



Korma Style Paste



Medium Tomato



Cucumber



Mint



Baby Gem Lettuce



Plain Naan

**Pantry Items**

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Bowl, baking tray and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Tandoori Masala Spice	2 sachets	2 sachets	4 sachets
Greek Style Natural Yoghurt** 7)	150g	225g	300g
Diced Chicken Breast**	280g	420g	560g
Sweet Potato	2	3	4
Tomato Puree	1 sachet	1½ sachets	2 sachets
Korma Style Paste 9)	1 sachet	2 sachets	2 sachets
Medium Tomato	2	3	4
Cucumber**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Baby Gem Lettuce**	1	2	2
Plain Naan 7) 13)	2	3	4
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Marinade*	1 tsp	1½ tsp	2 tsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3770 /901	455 /109
Fat (g)	19.9	2.4
Sat. Fat (g)	5.9	0.7
Carbohydrate (g)	125.6	15.2
Sugars (g)	29.7	3.6
Protein (g)	51.9	6.3
Salt (g)	3.32	0.40

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, milk, egg, mustard, celery, soya, 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.

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



## 1 Marinate the Chicken

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

In a large bowl, combine the **tandoori masala spice** (use less if you'd prefer things milder) and a **third** of the **yoghurt**. Season with **salt, pepper** and the **sugar for the marinade** (see ingredients for amount).

Add the **diced chicken** and stir to combine, then set aside. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



## 4 Raita Time

In another bowl, combine the **cucumber**, remaining **yoghurt** and **half** the **mint**. Set your **mint raita** aside.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **marinated chicken** to the pan and discard any **marinade** left in the bowl.

Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## 2 Chip Chip Hooray

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** *Use two baking trays if necessary.*

When the oven is hot, roast on the middle shelf until golden, 25-30 mins. Turn halfway through.



## 5 Bring on the Naans

About 5 mins before you're ready to serve, pop the **naans** onto a large baking tray.

Spread the **tomato sauce** all over each **naan**, leaving a 1cm border around the edge.

Bake on the top shelf of the oven until golden, 4-5 mins.



## 3 Finish the Prep

Meanwhile, in a small bowl, combine the **tomato puree**, **korma style paste** and a pinch of **sugar**, then set aside.

Cut the **tomatoes** into 2cm chunks. Trim the **cucumber**, then quarter lengthways. Chop widthways into small pieces.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Trim the **baby gem**, halve lengthways, then thinly slice widthways.



## 6 Stack and Serve

Put a **naan** on each plate and top with the **lettuce**, followed by the **tandoori chicken**, **sweet potato chips**, **tomatoes** and **cucumber raita** - this dish is all about piling it high!

Scatter over the remaining **chopped mint** to finish.

Enjoy!