



# Tandoori Chicken Naan and Sweet Potato Fries with Sweet Chilli Sauce, Tomato Salad & Cucumber Raita

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Street Food 40 Minutes • Medium Spice • 3 of your 5 a day



Tandoori Masala Spice



Tomato Puree



Natural Yoghurt



Diced Chicken Breast



Red Onion



Cider Vinegar



Nigella Seeds



Medium Tomato



Cucumber



Mint



Coriander



Baby Gem Lettuce



Sweet Potato Fries



Naan



Sweet Chilli Sauce

## Before you start

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

## Cooking tools, you will need:

Bowl, Baking Tray, Aluminium Foil.

## Ingredients

	2P	3P	4P
Tandoori Masala Spice	2 sachets	2 sachets	2 sachets
Tomato Puree**	1 sachet	1½ sachets	2 sachets
Natural Yoghurt** 7)	75g	100g	150g
Diced Chicken Breast**	280g	420g	560g
Red Onion**	½	¾	1
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sugar*	1 tsp	1½ tsps	2 tsps
Nigella Seeds	1 sachet	1 sachet	1 sachet
Medium Tomato**	2	3	4
Cucumber**	½	¾	1
Mint**	½ bunch	¾ bunch	1 bunch
Coriander**	1 bunch	1 bunch	1 bunch
Baby Gem Lettuce**	1	1½	2
Sweet Potato Fries**	250g	375g	500g
Naan 7) 11) 13)	2	3	4
Sweet Chilli Sauce	1 sachet	1½ sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	716g	100g
Energy (kJ/kcal)	2954 / 706	413 / 99
Fat (g)	9	1
Sat. Fat (g)	2	1
Carbohydrate (g)	112	16
Sugars (g)	29	4
Protein (g)	48	7
Salt (g)	1.94	0.27

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.

## Contact

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## 1 Marinate the Chicken

Preheat the oven to 210°C. In a bowl, combine the **tandoori spice** (use less if you don't like heat), **tomato puree** and **half the yoghurt**. Season with **salt, pepper** and a pinch of **sugar**. Add the **diced chicken** and stir to combine. Set aside. **IMPORTANT:** Remember to wash your hands after handling raw raw chicken and its packaging. Halve, peel and thinly slice the **red onion**. Pop into a bowl with the **cider vinegar, sugar** (see ingredients for amount) and **half the nigella seeds**. Season with **salt and pepper**, stir well and set aside.



## 2 Chop Chop

Chop the **tomatoes** into 2cm chunks. Trim the **cucumber** then halve lengthways. Chop each half into 4 long strips then chop widthways into small pieces. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **coriander** (stalks and all). Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways.



## 3 Salad Time

Pop the **tomatoes** in a bowl with the remaining **nigella seeds** and **half the coriander**. Add a drizzle of **oil** and a pinch of **salt and pepper**. Toss to combine and set aside. In another bowl, combine the **cucumber**, remaining **yoghurt** and **half the mint**. Set aside.



## 4 Roast the Sweet Potatoes

Pop the **sweet potato fries** on a baking tray, drizzle with **oil** and season with **salt and pepper**. Toss to coat. Spread out and roast on the middle shelf of the oven until soft and golden, 18-20 mins.



## 5 Cook the Chicken

Line a baking tray with foil. Put the **marinated chicken** on the tray and bake on the top shelf until cooked through, 10-12 mins, turning halfway. **TIP:** Don't be afraid if the chicken chars - this will add to the flavour! Pop the **naans** on a baking tray, sprinkle with a little **water** and bake them for the final 3-4 mins of **chicken** cooking time. Get ready to serve. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## 6 Pile It Up

This dish is all about piling it high! Put a **naan** on each plate and top with the **lettuce**, followed by the **tandoori chicken, sweet potato fries, tomato salad** and **cucumber raita**. Scatter the **pickled onions** over the top, followed by a drizzle of **sweet chilli sauce**. Finish with the remaining **chopped coriander** and **mint**.

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.