



TANDOORI CHICKEN

with DIY Tomato Chutney and Fragrant Rice

SPICY

PRONTO



HELLO

TOMATO CHUTNEY

Turn tomatoes, shallots, sugar and mustard seeds into a delicious condiment

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 611



Chicken Breasts



Basmati Rice



Greek Yogurt



Brown Mustard Seeds



Cilantro



Tandoori Masala



Roma Tomato



Lime



Cashews, chopped



Shallot

BUST OUT

- Baking Sheet
- Paper Towel
- Measuring Spoons
- Zester
- Medium Bowl
- Parchment Paper
- Medium Pot
- Small Bowl
- Measuring Cups
- Salt and Pepper
- Small Non-Stick Pan
- Olive or Canola oil
- Sugar (1 **tblsp** | 2 **tblsp**)

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Basmati Rice ¾ cup | 1 ½ cup
- Greek Yogurt 2 100 g | 200 g
- Brown Mustard Seeds 1,6 ½ tsp | 1 tsp
- Cilantro 7 g | 14 g
- Tandoori Masala 6 ½ tsp | 1 **tblsp**
- Roma Tomato 160 g | 320 g
- Lime 1 | 2
- Cashews, chopped 5 28 g | 56 g
- Shallot 50 g | 100 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **400°F** (to bake the chicken). Start prepping when the oven comes up to temperature!



1 PREP

Wash and dry all produce.* In a medium pot, add **1 ½ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, peel, then finely chop the **shallots** into ¼-inch pieces. Zest, then juice **half the lime** (1 lime for 4 ppl). Cut **remaining lime** into wedges. Pat the **chicken** dry with paper towel, then cut into ½-inch strips.



4 START CHUTNEY

Meanwhile, **tomatoes** into ½-inch cubes. Roughly chop **cilantro**. Heat a small non-stick pan over medium-high heat. When the pan is hot, add **cashews** to the dry pan. Toast, stirring, until golden, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate. Using the same dry pan, add **½ tsp mustard seeds** (dbl for 4 ppl). Cook, swirling the pan occasionally, until **seeds** toast, 1 min. (**TIP:** You will hear seeds pop, which means they are toasting!)



2 MARINATE CHICKEN

Add **rice** to the medium pot with **boiling water**. Reduce heat to low. Cover and cook until tender and **liquid** has been absorbed, 12-14 min. Meanwhile, in a medium bowl, combine **half the yogurt**, **half the lime zest**, **½ **tblsp masala**** and **1 **tblsp oil**** (dbl for 4 ppl). Season with **salt** and **pepper**. Add **chicken** to the **red yogurt mixture** and stir to coat.



5 FINISH SAUCES

Reduce the heat to medium. Add the **tomatoes**, **shallots** and **1 **tblsp sugar**** (dbl for 4 ppl) to the pan. Cook, stirring often, until **tomatoes** break down and **chutney** turns saucy, 6-8 min. Remove pan from heat and add **1 **tsp lime juice**** (dbl for 4 ppl). In a small bowl, stir together **remaining yogurt**, **half the cilantro** and **1 **tblsp lime juice**** (dbl for 4 ppl). Season with **salt** and **pepper**.



3 BAKE CHICKEN

On a parchment-lined baking sheet, arrange **chicken** in a single layer. Bake in the **middle** of the oven, until **chicken** is cooked through, 14-16 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE

Fluff the **rice** with a fork, then stir in the **cashews**, **remaining cilantro** and **remaining lime zest**. Season with **salt**. Divide the **rice**, **chicken**, **chutney** and **crema** between plates. Squeeze over a **lime wedge**, if desired.

MAKE IT AGAIN!

This DIY chutney also goes well with fried eggs and potatoes!

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