



YOGURT-MARINATED CURRIED CHICKEN

with Garlic Basmati Rice, Roasted Carrots & Cucumber Cilantro Raita

INGREDIENTS

2 PERSON | 4 PERSON



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 2 tsp
Paprika



1 tsp | 1 tsp
Chili Flakes



10 oz | 20 oz
Chicken Cutlets



12 oz | 24 oz
Carrots



1 Clove | 2 Cloves
Garlic



½ Cup | 1 Cup
Basmati Rice



1 | 1
Persian Cucumber



¼ oz | ½ oz
Cilantro



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk

HELLO

RAITA

This creamy, tangy, refreshing condiment is designed to cool the palate.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 680



DAIRY TO DREAM

If you've never used yogurt as a marinade before, get ready—it's a total game changer. This not-so-secret ingredient tenderizes meat quickly and helps it form a super-flavorful crust in the pan.

Try this technique again with pork or lamb chops!

BUST OUT

- Medium bowl
- Paper towels
- Peeler
- Baking sheet
- Small pot
- Box grater
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Olive oil (5 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 MARINATE CHICKEN

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- In a medium bowl, combine **yogurt, paprika, 1 TBSP olive oil, 2 tsp curry powder** (you'll use more later), **1 tsp salt**, and **pepper**. (For 4 servings, use **2 TBSP olive oil, 4 tsp curry powder, and 2 tsp salt**.) If you like things spicy, stir in a **pinch of chili flakes**.
- Pat **chicken*** dry with paper towels; add to **marinade** and turn to coat. Set aside to marinate for 15 minutes.



4 MAKE RAITA

- While rice cooks, trim and grate **half the cucumber (whole cucumber for 4 servings)** on the largest holes of a box grater. Finely chop **cilantro**.
- In a small bowl, combine **sour cream**, grated cucumber, half the cilantro, and a **pinch of remaining curry powder** to taste. Season with **salt** and **pepper**.



2 ROAST CARROTS

- While chicken marinates, trim, peel, and cut **carrots** into 1-inch-thick pieces. Toss on a baking sheet with a **drizzle of olive oil, salt**, and **pepper**.
- Roast on top rack until golden brown and tender, 25-30 minutes.



5 COOK CHICKEN

- Heat a **drizzle of olive oil** in a large, preferably nonstick, pan over medium heat.
- Remove **chicken** from marinade; allow excess to drip off (discard remaining marinade). Add chicken to pan and cook until browned and cooked through, 6-8 minutes per side. **TIP: Medium heat is key in preventing the marinade from burning. If chicken begins to brown too quickly, lower heat.**



3 COOK RICE

- Meanwhile, peel and mince **garlic**.
- Melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot over medium-high heat. Add garlic and cook until fragrant, 30 seconds.
- Stir in **rice, ¾ cup water (1½ cups for 4)**, and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**.
- Divide rice, **carrots**, and **chicken** between plates. Dollop chicken with **raita**. Sprinkle chicken and carrots with **remaining cilantro**. If you like extra heat, sprinkle with a **pinch of chili flakes** to taste. Serve.

* Chicken is fully cooked when internal temperature reaches 165°.