



# Crispy Chicken and Bombay Style Potatoes with Garlicky Green Beans and Raita

Calorie Smart 35 Minutes • Under 600 Calories • Little Heat • 1 of your 5 day

N° 10



Potato



Ground Turmeric



Chicken Breast  
(Skin On)



Mild Curry Powder



Mint



Green Beans



Garlic



Greek Yoghurt



Cod Fillet



## CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

### Cooking tools, you will need:

Two Baking Trays, Mixing Bowl, Frying Pan and Fine Grater.

### Ingredients

|                          | 2P           | 3P           | 4P            |
|--------------------------|--------------|--------------|---------------|
| Potato**                 | 1 small pack | 1 large pack | 2 small packs |
| Ground Turmeric          | 1 sachet     | 1 sachet     | 2 sachets     |
| Chicken Breast Skin On** | 2            | 3            | 4             |
| Mild Curry Powder 9)     | 1 pot        | 1 pot        | 2 pots        |
| Mint**                   | 1 bunch      | 1 bunch      | 1 bunch       |
| Green Beans**            | 1 small pack | 1 large pack | 1 large pack  |
| Garlic**                 | 2 cloves     | 3 cloves     | 4 cloves      |
| Greek Yoghurt 7)**       | 75g          | 100g         | 150g          |
| Cod Fillet 4)**          | 2            | 3            | 4             |

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

### Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 478g        | 100g     |
| Energy (kJ/kcal)        | 1843/441    | 385/92   |
| Fat (g)                 | 11          | 2        |
| Sat. Fat (g)            | 4           | 1        |
| Carbohydrate (g)        | 44          | 9        |
| Sugars (g)              | 3           | 1        |
| Protein (g)             | 45          | 9        |
| Salt (g)                | 0.22        | 0.05     |

| Custom Recipe           | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 466g        | 100g     |
| Energy (kJ/kcal)        | 1508/361    | 324/78   |
| Fat (g)                 | 8           | 2        |
| Sat. Fat (g)            | 4           | 1        |
| Carbohydrate (g)        | 46          | 10       |
| Sugars (g)              | 4           | 1        |
| Protein (g)             | 29          | 6        |
| Salt (g)                | 0.23        | 0.05     |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

4) Fish 7) Milk 9) Mustard

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, Soy, Gluten & Sulphites.

### Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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### Bombay Style Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into roughly 2cm chunks (no need to peel!). Pop the chunks on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt, pepper** and sprinkle over the **turmeric**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



### Make the Raita

In a small bowl mix the **yoghurt** with the **mint**. Season with **salt** and **pepper** and set aside for later.



### Roast the Chicken

Meanwhile, pop the **chicken breasts** in a bowl, drizzle with **oil**, season with **salt** and **pepper** and sprinkle on the **mild curry powder**. Rub the **spice** all over the **chicken** so it is evenly covered. **IMPORTANT:** Remember to wash your hands after handling raw chicken. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, lay the **chicken** in the pan skin-side down, fry until the skin is golden, 4-5 mins. Turn, cook for 1 minute on the flesh side to seal the meat. Remove to a baking tray skin-side up and roast on the middle shelf of your oven until cooked, 15-20 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.

**CUSTOM RECIPE**

If you've opted to get cod instead of chicken, ignore the chicken instructions above and move to the next step.



### Garlicy Green Beans

While everything cooks, have a quick tidy. When everything is nearly ready, pop your frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and stir fry until tender, 2-3 mins, then add the **garlic** and a splash of **water** and cook until tender, 2-3 more mins.

**CUSTOM RECIPE**

If you opted for **cod**, just use a clean frying pan and cook the **green beans** the same way the recipe tells you the step above.



### Prep the Veg

Don't wash your chicken pan - you'll use it for the green beans! Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).

**CUSTOM RECIPE**

If you've opted to get **cod** instead of chicken, before you prep the veg, pop the **cod fillets** in the bowl with the **mild curry powder**, rub the **spice** all over the **fish**. No need to fry the fish. Pop the **fillets** onto a baking tray lined with baking paper. When the potatoes are halfway through cooking, roast the **cod** on the middle shelf until cooked, 12-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



### Serve Up

Once cooked, remove the **chicken** from the oven and leave to rest for a couple of minutes. Serve the **chicken** with the **green beans**, the **curried potatoes** and a spoon of the **raita**.

### Enjoy!

**CUSTOM RECIPE**

If you opted for **cod**, no need to rest the **fillets**, serve alongside the **potato** and **green beans** and a spoon of the **raita**.