



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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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**.