



# Messy Indian-Style Chicken Flatbreads

with Green Peppers and Tikka Sauce

Quick

25 Minutes



Chicken Tenders



Chicken Thighs



Flatbread



Green Bell Pepper



Feta Cheese,  
crumbled



Tikka Sauce



Indian Spice Mix



Cilantro



Garlic Puree

## CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

## HELLO TIKKA SAUCE

*This South Asian-style sauce is the perfect curry base!*

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

## Bust out

Baking sheet, medium bowl, measuring spoons, silicone brush, aluminum foil, small pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	310 g	620 g
Chicken Thighs ♦	280 g	560 g
Flatbread	2	4
Green Bell Pepper	200 g	400 g
Feta Cheese, crumbled	¼ cup	½ cup
Tikka Sauce	½ cup	1 cup
Indian Spice Mix	1 tbsp	2 tbsp
Cilantro	7 g	14 g
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## 1 Prep and cook peppers

- Roughly chop **cilantro**.
- Core, then cut **pepper** into ¼-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **peppers** are tender-crisp and browned, 3-4 min.
- Remove from heat.
- Transfer **peppers** to a plate.



## 4 Toast flatbreads

- Arrange **flatbreads** on a foil-lined baking sheet. (**NOTE:** For 4 ppl, use 2 foil-lined baking sheets.)
- Brush **remaining garlic puree** and ½ **tbsp oil** (dbl for 4 ppl) over **flatbreads**. Season with **salt**.
- Broil **flatbreads** in the **bottom** of the oven until softened, 1-2 min. (**NOTE:** For 4 ppl, broil one baking sheet at a time.)



## 2 Cook chicken

- Pat **chicken** dry with paper towels.
- Cut into 1-inch pieces on a separate cutting board.
- Add **chicken** and **Indian Spice Mix** to a medium bowl. Season with **salt** and **pepper**, then toss until **chicken** is completely coated.
- Return the same pan to medium-high.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, stirring occasionally, until **chicken** is browned and cooked through, 6-8 min. **\*\* (TIP:** Don't worry if the spices char, it will add flavour to the chicken!)
- Remove from heat.

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.



## 5 Assemble flatbreads

- Spread **tikka mixture** evenly over **flatbreads**.
- Top with **chicken** and **peppers**. Sprinkle **feta** over top.
- Broil **assembled flatbreads** in the **middle** of the oven until golden-brown, 2-3 min. (**NOTE:** For 4 ppl, broil one baking sheet at a time.) (**TIP:** Keep an eye on flatbreads so they don't burn!)



## 3 Make tikka mixture

- Meanwhile, heat a small pot over medium heat.
- When hot, add 1 **tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **half the garlic puree**. Cook, stirring occasionally, until fragrant, 1 min.
- Add **tikka sauce**, ¼ **tsp sugar** and ½ **tbsp water** (dbl both for 4 ppl). Cook, stirring occasionally, until **sauce** is warmed through, 1 min.
- Remove from heat.



## 6 Finish and serve

- Cut **flatbreads** into quarters.
- Divide **flatbreads** between plates, then sprinkle **cilantro** over top.
- Dig in with a knife and fork, if desired.

## Dinner Solved!