



# Tandoori Chicken Naan

with Sweet Chilli Sauce, Lettuce, Tomato and Pickled Onion

**STREET FOOD**

40 Minutes • 3.5 of your 5 a day

N° 18



Tandoori Masala Spice



Tomato Puree



Natural Yoghurt



Diced Chicken Breast



Red Onion



Cider Vinegar



Nigella Seeds



Vine Tomato



Cucumber



Mint



Coriander



Iceberg Lettuce



Sweet Potato Fries



Plain Naan



Sweet Chilli Sauce

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Mixing Bowl and Two Baking Trays.

### Ingredients

	2P	3P	4P
Tandoori Masala Spice	1 small pot	¾ large pot	1 large pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7) <sup>**</sup>	75g	100g	150g
Diced Chicken Breast <sup>**</sup>	280g	420g	560g
Red Onion <sup>**</sup>	½	¾	1
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sugar for the Pickle <sup>*</sup>	1 tsp	1½ tsp	2 tsp
Nigella Seeds	1 small pot	¾ large pot	1 large pot
Vine Tomato	2	3	4
Cucumber <sup>**</sup>	½	¾	1
Mint <sup>**</sup>	½ bunch	¾ bunch	1 bunch
Coriander <sup>**</sup>	1 bunch	1 bunch	1 bunch
Iceberg Lettuce <sup>**</sup>	½	¾	1
Sweet Potato	1 small pack	1 large pack	2 small packs
Fries <sup>**</sup>	2	3	4
Plain Naan 7) 13)	2	3	4
Sweet Chilli Sauce	sachet	1½ sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	725g	100g
Energy (kJ/kcal)	2791 /667	385 /92
Fat (g)	9	1
Sat. Fat (g)	2	1
Carbohydrate (g)	99	14
Sugars (g)	19	3
Protein (g)	49	7
Salt (g)	1.75	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Marinate the Chicken

Preheat the oven to 210°C. In a bowl, combine the **tandoori spice**, **tomato puree** and **half** the **yoghurt**. Season with **salt**, **pepper** and a pinch of **sugar**. Add the **diced chicken** and stir to combine. Set aside. **IMPORTANT: Remember to wash your hands after handling raw meat.** Halve, peel and thinly slice the **red onion**. Pop in a bowl with the **cider vinegar**, **sugar** (see ingredients for amount) and **half** the **nigella seeds**. Season with **salt** and **pepper**, stir well and set aside.



## 4. Roast the Sweet Potatoes

Pop the **sweet potato fries** on a baking tray, drizzle with **oil**, season with **salt** and **pepper**. Toss to coat. Spread out and roast on the middle shelf of the oven until soft and golden, 18-20 mins



## 2. Chop Chop

Chop the **vine tomatoes** into 2cm chunks. Trim the **cucumber** then halve lengthways. Chop each half into 4 long strips then chop widthways into small pieces. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **coriander** (stalks and all). Halve the **iceberg lettuce** through the root and thinly slice (see ingredients for amount you need).



## 5. Cook the Chicken

Line a baking tray with foil. Put the **marinated chicken** on the tray and bake on the top shelf until cooked through, 10-12 mins, turning halfway. **TIP: Don't be afraid if the chicken chars - this will add to the flavour! IMPORTANT: The chicken is cooked when it is no longer pink in the middle.** Pop the **naans** directly on the oven shelf to warm through for the final 1-2 mins. Get ready to serve.



## 3. Salad Time

Pop the **tomatoes** in a bowl with the remaining **nigella seeds** and **half** the **coriander**. Add a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss to combine and set aside. In another bowl, combine the **cucumber**, remaining **yoghurt** and **half** the **mint**. Set aside.



## 6. Pile it up!

This dish is all about piling it high! Put a **naan** on each plate and top with the **lettuce**, followed by the **tandoori chicken**, **sweet potato fries**, **tomato salad** and **cucumber raita**. Scatter the **pickled onions** over the top, followed by a drizzle of **sweet chilli sauce**. Finish with the remaining **chopped coriander** and **mint**.

**Dig in!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.