



Tandoori Chicken Naan-wich

with Spiced Sweet Potato Wedges, Pomegranate Salad and Mint Yoghurt

Street Food 35 Minutes • Little Heat • 3 of your 5 a day

N° 27



Sweet Potato



Tandoori Masala Spice



Greek Yoghurt



Chicken Thighs



Baby Plum Tomatoes



Cucumber



Pomegranate



Mint



Lime



Naan



Mango Chutney

Before you start

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

Cooking tools, you will need:

Two Baking Trays, Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Tandoori Masala Spice	1 large pot	1 small & 1 large pot	2 large pots
Greek Yoghurt 7)**	150g	225g	300g
Chicken Thighs**	4	6	8
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Cucumber**	½	¾	1
Pomegranate**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Olive Oil for the Salad*	1 tbsp	1½ tbsp	2 tbsp
Naan 7) 13)	2	3	4
Mango Chutney	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	849g	100g
Energy (kJ/kcal)	4366/1044	514/123
Fat (g)	36	4
Sat. Fat (g)	11	1
Carbohydrate (g)	133	16
Sugars (g)	37	4
Protein (g)	51	6
Salt (g)	2.33	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Sweet Potato Time

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a low sided wide baking tray. Drizzle with **oil**, scatter over **half the tandoori masala spice mix** then season with **salt and pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, 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.



Finish the Prep

Halve the **tomatoes**. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Quarter the **pomegranate** (see ingredients for amount). Holding the **pomegranate pieces** over a bowl of **water**, scoop out the **seeds** into the bowl of **water**. **TIP:** Use a fork to do this, it helps to release the seeds. Scoop out the **seeds** and set aside. Discard the white pith. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Halve the **lime**.



Marinate the Chicken

Pop **half the yoghurt** into a bowl with the remaining **Tandoori spice mix**, season with **salt and pepper** and mix together. Pop the **chicken thighs** into the bowl and mix well to coat. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Heat a drizzle of **oil** in a large frying pan over medium-high heat. When it's hot lay the **chicken thighs** flat in the pan and fry until golden brown, 3-4 mins each side. You may need to do this in batches.



Salad Time!

Pop the **tomatoes, cucumber and pomegranate seeds** into a medium bowl. Squeeze over the **lime juice, olive oil** (see ingredients for amount), season with **salt and pepper** and stir to combine. Pop the remaining **yoghurt** into a small bowl with the **mint**, season with **salt and pepper** and stir to combine. When everything is nearly ready, halve the **naans** widthways then pop onto a baking tray and into the oven until warmed through, 2-3 mins.



Finish the Chicken

Once the **chicken** is browned, pop it onto a baking tray lined with foil. Roast on the middle shelf of your oven until the **chicken** is cooked through, 12-15 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



Serve!

Meanwhile, thinly slice the **chicken**. Pop **half a naan** on each plate then divide the **chicken, mint yoghurt and mango chutney** between them. Top with the remaining **naan halves** then share the **sweet potato wedges and salad** between the plates.

Enjoy!

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.