



TANDOORI CHICKEN

with Spiced Quinoa and Kachumber Salad



HELLO QUINOA

This grain is one of the few plant foods to contain all nine essential amino acids.



Chicken Thigh



Tandoori Masala



Natural Yoghurt



Red Onion



Garlic Clove



Coriander



Water



Vegetable Stock Pot



Quinoa



Cardamon Pod



Lemon



Cucumber



Red Chilli



Olive Oil

35 mins

2.5 of your 5 a day

Medium Heat

No, we haven't just spelled cucumber wrong! Kachumber is an Indian salad of chopped cucumber, usually with onions or tomatoes. It makes a refreshing side dish to this spicy tandoori chicken. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Mixing Bowls**, a **Fine Grater** (or **Garlic Press**), **Large Saucepan**, **Measuring Jug**, **Sieve**, some **Foil** and a **Baking Tray**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Pop the **chicken thighs** in a mixing bowl and add the **tandoori masala** and **yoghurt**. Halve, peel and chop the **red onion** into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **coriander leaves** from their stalks and roughly chop. Finely chop the **stalks**. Add the **garlic**, three-quarters of the **onion** and the **coriander stalks** to the **chicken**. Season with a good pinch of **salt**, mix well and set aside.



4 MAKE THE KACHUMBER

Zest and juice the **lemon**. Remove the top and bottom from the **cucumber**, halve lengthways, scrape out the seeds with a teaspoon and chop into 1cm chunks. Halve the **red chilli**, remove the seeds and finely chop. Put the **cucumber** in another mixing bowl with the remaining **onion**, half the **coriander leaves**, half the **lemon zest**, half the **lemon juice** and as much **chilli** as you dare! Add the **olive oil** (amount specified in ingredient list) season with **salt** and mix well.



2 COOK THE QUINOA

Put a large saucepan of **water** (amount specified in the ingredient list) on to boil. Add the **vegetable stock pot**. Stir to dissolve then add the **quinoa**. Bash the **cardamon pods** and add them too. Reduce the heat to medium. Cook the **quinoa** for 12 mins. **TIP: The quinoa is cooked when the seed has split and is tender enough to eat.** Drain in a sieve, remove the **cardamon pods** and return to the pan to keep warm.



5 SEASON THE QUINOA

When the **quinoa** is ready, mix in the remaining **lemon zest** and **juice**. Stir in the rest of the **coriander leaves**. Taste and season with **salt** and **black pepper** if necessary.



3 COOK THE CHICKEN

Meanwhile, preheat your grill to its highest setting. Pop your **chicken** on a foil-lined baking tray. Grill for 12-15 mins. **TIP: You want it to scorch a little for flavour so keep the heat high.** Turn after 6-7 mins to make sure it cooks evenly. **TIP: The chicken is cooked when it is no longer pink in the middle.**



6 FINISH AND SERVE

Serve your **quinoa** on a plate with the **tandoori chicken**. Spoon the **kachumber** on top and a dollop of the remaining **yoghurt** alongside. **Enjoy!**

2 PEOPLE INGREDIENTS

Chicken Thigh	4
Tandoori Masala	2 tsp
Natural Yoghurt 7)	½ pot
Red Onion, chopped	1
Garlic Clove, grated	2
Coriander, chopped	1 bunch
Water*	500ml
Vegetable Stock Pot 9) 12)	1
Quinoa	120g
Cardamon Pod	2
Lemon	1
Cucumber, chopped	½
Red Chilli, chopped	½
Olive Oil*	1 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	716	135
(kJ)	3009	565
Fat (g)	27	5
Sat. Fat (g)	6	1
Carbohydrate (g)	53	10
Sugars (g)	16	3
Protein (g)	63	3.4
Salt (g)	3.40	0.64

ALLERGENS

7)Milk 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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