



Tandoori Style Chicken on Naans

with Raita, Mango Chutney, Nigella Seed Wedges and Crunchy Salad

Street Food 40 Minutes • Medium Spice • 2 of your 5 a day

N° 27



Potatoes



Nigella Seeds



Red Onion



Greek Yoghurt



Korma Curry Paste



Chicken Thighs



Baby Plum Tomatoes



Cucumber



Coriander



Red Chilli



Lemon



Mint



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 and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Nigella Seeds	½ pot	¾ pot	1 pot
Red Onion**	1	1	2
Greek Yoghurt 7)**	150g	225g	300g
Korma Curry Paste 9)	1 sachet	1½ sachets	2 sachets
Chicken Thighs**	4	6	8
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Cucumber**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Lemon**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Naan 7) 13)	4	6	8
Mango Chutney	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	889g	100g
Energy (kJ/kcal)	4360/1042	491/117
Fat (g)	42	5
Sat. Fat (g)	12	1
Carbohydrate (g)	115	13
Sugars (g)	27	3
Protein (g)	53	6
Salt (g)	2.74	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 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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Make the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel!). Pop them on a large baking tray, drizzle with **oil**, sprinkle over the **nigella seeds** and season with **salt and pepper**. Toss to coat, then spread out in a single layer 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 Salad

Halve the **tomatoes** and pop into a medium bowl. Halve the **cucumber** widthways (see ingredients for amounts). Cut one half lengthways then thinly slice widthways into half-moons. Pop into the bowl with the **tomatoes**. Roughly chop the **coriander** (stalks and all) and add to the bowl. Halve the **chilli** lengthways, deseed then finely chop and add to the bowl. Halve the **lemon** and add **half the lemon juice**, season with **salt and pepper** and mix well. Set aside.



Chicken Time!

Halve, peel and cut the **red onion** into 2cm **wedges**. Pop **half the yoghurt** into a bowl with the **korma paste**, 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 and add the **chicken thighs** but don't throw away the remaining **marinade**. Fry until golden brown, 3-4 mins on each side, you may need to do this in batches.



Make the Raita

Quarter the remaining **cucumber** lengthways, scoop out the seeds and discard them. Chop into small pieces and pop into a medium bowl. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks) and add to the bowl with the chopped **cucumber**. Add the remaining **Greek yoghurt, juice** from the remaining **lemon**, season with **salt and pepper** and mix together. Set aside.



Finish the Chicken

While the **chicken** is frying, pop the **onion wedges** into the bowl with the leftover **chicken marinade** and mix well to coat. Once the **chicken** is browned, pop it onto a baking tray with the **red onion wedges** alongside. **IMPORTANT:** Wash your hands after handling the marinade. Bake on the middle shelf of your oven until the **chicken** is cooked through and the **onion wedges** are tender, 12-15 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



Finish Up!

When everything is nearly ready, pop the **naans** in the oven alongside the **wedges** until warmed through, 2-3 mins. Pop the **chicken** onto a chopping board and thinly slice. Divide the **naans** between your plates, top with the **sliced chicken and onion**, spoon over the **raita** and the **mango chutney**. Serve with the **wedges and salad** alongside.

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.