



CHICKEN TIKKA & GARLIC RICE

with Cucumber Yoghurt & Tomato Salad



Infuse rice with garlic



Garlic



Basmati Rice



Chicken Breast



Tandoori Paste



Cucumber



Mint



Greek Yoghurt



Cherry Tomatoes



Mango Chutney



Hands-on: **30 mins**

Ready in: **35 mins**



Eat me early



Naturally gluten-free

Not suitable for Coeliacs

Enjoy the mild, aromatic flavours of India in a meal that the whole family will love! Tender strips of chicken get a light tandoori coating, which goes perfectly with fragrant garlic rice. A collection of zesty side dishes takes this dinner to the next level, there's a fresh salad, creamy yoghurt sauce and sweet chutney to cover all your bases.

Pantry Staples: Olive Oil, Butter, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** with a **lid** • **large frying pan**



1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, heat the **butter** and a **dash of olive oil** over a medium-high heat. Add the garlic and cook until fragrant, **1 minute**. Add the **water** and **1/2 tsp salt**. Bring to the boil then add the **basmati rice**. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.



2 FLAVOUR THE CHICKEN

While the rice is cooking, slice the **chicken breast** into 1cm strips. In a medium bowl, combine the **tandoori paste**, **1/2 tsp salt** and a **good drizzle of olive oil**. Add the chicken strips, toss to coat and set aside to marinate.



3 MAKE THE CUCUMBER YOGHURT

Finely chop the **cucumber**. Pick the **mint leaves** and thinly slice. In a small bowl, combine the **Greek yoghurt**, **1/3 of the cucumber** and **1/2 the mint**. Season with **salt** and **pepper** and mix well. Set aside.



4 MAKE THE TOMATO SALAD

Slice the **cherry tomatoes** in half. In a second medium bowl, combine the cherry tomatoes, **remaining cucumber** and **remaining mint**. Add the **white wine vinegar** and **drizzle with olive oil**. Season with **salt** and **pepper** and stir to combine.



5 COOK THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add **1/2 the tandoori chicken** and cook, tossing regularly, until the chicken is browned and cooked through, **4-5 minutes**. Transfer to a bowl and repeat with the remaining chicken.

TIP: Stand back! The tandoori paste can spatter while the chicken is cooking.

TIP: Don't worry if your chicken gets a little charred during cooking. It adds to the flavour!



6 SERVE UP

Divide the garlic rice and chicken tikka between bowls. Serve with the cucumber yoghurt, tomato salad and a dollop of **mango chutney**.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
butter*	40 g
water*	3 cups
salt*	1 tsp
basmati rice	2 packets
chicken breast	1 packet
tandoori paste	2 tubs (100 g)
cucumber	2
mint	1 bunch
Greek yoghurt	1 pack (100 g)
cherry tomatoes	1 punnet
white wine vinegar*	1 tsp
mango chutney	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2950kJ (704Cal)	615kJ (147Cal)
Protein (g)	46.1g	9.6g
Fat, total (g)	23.5g	4.9g
- saturated (g)	9.6g	2.0g
Carbohydrate (g)	73.7g	15.4g
- sugars (g)	10.5g	2.2g
Sodium (g)	1290mg	269mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK14

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