



# Quick Chicken Tikka

with Garlic Rice & Mint Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Chicken Breast



Tandoori Paste



Mint



Greek-Style Yoghurt



Tomato



Baby Spinach Leaves



Mango Chutney

Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

Eat Me Early

Naturally Gluten-Free  
Not suitable for coeliacs

Enjoy the mild, aromatic flavours of India in this easy meal. Tender strips of chicken get coated with our tasty tandoori curry paste, which goes perfectly with fragrant garlic rice. A collection of zesty sides take this dinner to the next level.

*Unfortunately, this week's cherry tomatoes were in short supply, so we've replaced them with tomatoes. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
basmati rice	1 medium packet	1 large packet
chicken breast	1 small packet	1 large packet
tandoori paste	1 packet	2 packets
mint	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
tomato	2	4
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	1 tsp	2 tsp
mango chutney	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2931kJ (701Cal)	604kJ (144Cal)
Protein (g)	46.5g	9.6g
Fat, total (g)	22.5g	4.6g
- saturated (g)	8.9g	1.8g
Carbohydrate (g)	75.5g	15.6g
- sugars (g)	13.5g	15.6g
Sodium (mg)	1026mg	211mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and the **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**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### Make the tomato salad

Roughly chop the **tomato** and the **baby spinach leaves**. In a second medium bowl, combine the **tomato**, **baby spinach** and remaining **mint**. Add the **white wine vinegar** and drizzle with **olive oil**. Season and toss to combine.



### Flavour the chicken

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



### Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, tossing, until the chicken is browned and cooked through, **4-5 minutes** (cook in batches if your pan is getting crowded).

**TIP:** Stand back! The 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!



### Make the mint yoghurt

Pick and finely chop the **mint** leaves. In a small bowl, combine the **Greek-style yoghurt** and 1/2 the **mint**. Season with **salt** and **pepper** and mix well. Set aside.



### Serve up

Divide the garlic rice and chicken tikka between bowls. Serve with the mint yoghurt, tomato salad and **mango chutney**.

### Enjoy!