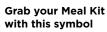


Dinner - Chicken Tikka with Garlic Rice Lunch - Chicken Tikka Wraps







DINNER Hands-on: 35-45 mins Ready in: 40-50 mins 1

Eat me early

Q

LUNCH Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual then put a new twist on the recipe to create something different for lunch the next day! Serve up a mildly spiced chicken tikka on fragrant garlic rice then pack up an Indian-style chicken and salad wrap to enjoy the next day for lunch. Extra delicious!

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

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 \cdot Large frying pan

Ingredients

-		
	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
chicken breast	1 large packet	1 large and 1 smal packet
tandoori paste	2 tubs (100g)	3 tubs (150g)
butter*	20g	40g
water* (for the rice)	1½ cups	3 cups
salt*	1⁄4 tsp	½ tsp
basmati rice	1 packet	2 packets
cucumber	1	2
coriander	1 bunch	1 bunch
mint	1 bunch	1 bunch
Greek yoghurt	1 packet (100g)	2 packets (200g)
tomato	2	3
vinegar* (white wine or rice wine)	1 tsp	2 tsp
mango chutney	1 tub (50g)	1 tub (100g)
carrot	1	1
classic wraps	4	4
garlic aioli	1 packet (50g)	1 packet (50g)
mixed salad leaves	1 bag (30g)	1 bag (30g)

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3210kJ (768Cal)	516kJ (123Cal)
Protein (g)	49.5g	8.0g
Fat, total (g)	24.8g	4.0g
- saturated (g)	10.4g	1.7g
Carbohydrate (g)	82.1g	13.2g
- sugars (g)	17.1g	2.7g
Sodium (g)	1070mg	172mg
LUNCH		
Energy (kJ)	3230kJ (772Cal)	660kJ (158Cal)
Protein (g)	47.5g	9.7g
Fat, total (g)	38.1g	7.8g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	55.2g	11.3g
- sugars (g)	7.9g	1.6g
Sodium (g)	1230mg	250mg

*Pantry Items

Allergens

Always read product labels for the most up-to-date allergen information. Visit **hellofresh.com.au/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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1. Flavour the chicken

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Slice the **chicken breast** into 1cm strips. In a medium bowl, combine the **tandoori paste**, a **good drizzle** of **olive oil** and a pinch of **salt** and **pepper**. Add the **chicken strips** and toss to coat. Set aside to marinate.

TIP: *If you have time, let the chicken marinate for* **30 minutes** to enhance the flavour.



2. Make the garlic rice

In a medium saucepan, heat the **butter** and a **dash** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. 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, **10 minutes**.

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



3. Get prepped

While the rice is cooking, finely chop the cucumber. Pick and thinly slice the mint leaves. In a small bowl, combine the **Greek yoghurt**, **1/2** the cucumber and **1/2** the mint. Season to taste and mix well. Set aside. Finely chop **1/2** the **tomato**. Roughly chop the **coriander** (reserve a few leaves for garnish). In a second small bowl, combine the chopped **tomato**, **coriander** and **remaining** cucumber. Add the **vinegar** and **drizzle** with **olive oil**. Season to taste and stir to combine.



4. 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 **chicken** and cook, tossing, until the **chicken** is browned and cooked through, **4-5 minutes**. Transfer to a bowl and repeat with the **remaining chicken**. When all the **chicken** is cooked, set aside **2 portions (about 1 cup)** for tomorrow's lunch.

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



5. Serve up dinner

Divide the **garlic rice** and the **remaining chicken tikka** between plates. Serve with the **cucumber yoghurt, tomato salad** and a dollop of **mango chutney**. Garnish with the reserved **coriander** leaves.



6. Make lunch

When you're ready to pack your lunch, thinly slice the **remaining tomato**. Grate the **carrot** (unpeeled). Arrange **4 classic wraps** on a clean surface and spread with the **garlic aioli**. Top with the **mixed salad leaves**, **tomato** slices, **carrot** and **remaining mint**. Add the reserved **chicken tikka**, tuck in the ends and roll into wraps. Wrap in foil or plastic wrap. Refrigerate. At lunchtime, remove the wrapping and reheat in a sandwich press, or in **30 second bursts** in the microwave until heated through.

Enjoy!