



# Dinner - Chicken Tikka with Garlic Rice

## Lunch - Chicken Tikka Wraps

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Chicken Breast



Tandoori Paste



Basmati Rice



Cucumber



Coriander



Mint



Greek Yoghurt



Tomato



Mango Chutney

### FOR YOUR LUNCH



Carrot



Classic Wraps



Garlic Aioli



Mixed Salad Leaves



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



Eat me early

**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 · 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 small packet
tandoori paste	2 tubs (100g)	3 tubs (150g)
butter*	20g	40g
water* (for the rice)	1½ cups	3 cups
salt*	¼ 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)

\*Pantry Items

### 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

### Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.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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## DINNER



### 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.



### 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!



### 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!



### 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.



### 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.



### 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!