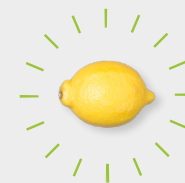




SPEEDY TANDOORI CHICKEN TACOS

with Lemon Yoghurt



Make a lemon
yoghurt sauce



Chicken Breast



Tandoori Paste



Lemon



Cos Lettuce



Roma Tomato



Cucumber



Greek Yoghurt



Mini Flour Tortillas



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



Eat me early



Spicy (tandoori
paste)

Take your favourite part of Indian takeaway (tandoori chicken!) the best handheld dinner around (tacos, of course) and you have the recipe for the next big thing in fusion food. With one bite of this crunchy salad, tender, lightly charred chicken and creamy yoghurt sauce you'll get what we're taco-ing about!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **medium bowl**, **tongs**, **small bowl**, **large frying pan** and **sandwich press** or **microwave**.



1 MARINATE THE CHICKEN

Slice the **chicken breast** into 1cm strips. In a medium bowl, combine the chicken strips and **tandoori paste**. Add a **drizzle** of **olive oil**, **salt** (see ingredients list) and a **pinch** of **pepper** and toss to coat. **TIP:** If possible, let the chicken marinate for **10-15 minutes** to develop the flavours.



2 GET PREPPED

Juice the **lemon** to get **2 tsp for 2 people** / **1 tbs for 4 people**. Shred the **cos lettuce**. Cut the **Roma tomato** into 1cm chunks. Cut the **cucumber** in half lengthways then slice into 0.5cm batons. **TIP:** Slice the cucumber into 0.5cm half-moons if you'd prefer.



3 MAKE THE LEMON YOGHURT

In a small bowl, combine the **Greek yoghurt** and **lemon juice**. Add a **drizzle** of **olive oil** and season to taste with a **pinch** of **salt** and **pepper**. Mix well and set aside.



4 COOK THE CHICKEN

In a large frying pan, heat a **drizzle** of **olive oil** over medium-high heat. Once hot, add the **tandoori chicken** and cook for **4-5 minutes**, tossing regularly, until the chicken is browned all over and cooked through. **TIP:** The chicken is cooked when it's no longer pink inside.



5 HEAT THE TORTILLAS

While the chicken is cooking, heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second** bursts, or until warmed through.



6 SERVE UP

Divide the mini tortillas between plates. Add the cos lettuce, tomato and cucumber to the tortillas. Top with the charred tandoori-style chicken and drizzle with the lemon yoghurt.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
chicken breast	1 packet	1 packet
tandoori paste	1 tub	2 tubs
salt*	¼ tsp	½ tsp
lemon	1	2
cos lettuce	1 bag	2 bags
Roma tomato	1	2
cucumber	1	2
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
mini flour tortillas	6	12

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2640kJ (630Cal)	506kJ (121Cal)
Protein (g)	49.3g	9.5g
Fat, total (g)	23.4g	4.5g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	51.1g	9.8g
- sugars (g)	8.7g	1.7g
Sodium (g)	1540mg	295mg

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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