



# TANDOORI SPICED CHICKEN TENDERS

with Garlic Rice & Cucumber Raita



Make your own tandoori chicken



Peeled & Chopped Pumpkin



Garlic



Basmati Rice



Chicken Tenderloin



Tandoori Paste



Greek Yoghurt



Cucumber



Tomato



Coriander



Flaked Almonds

**Pantry Staples:** Olive Oil, Butter, White Wine Vinegar

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

Eat me early

Naturally gluten-free  
*Not suitable for Coeliacs*

Love 'em tender? When it comes to tandoori chicken, that's the only way to go. Toss chicken tenderloins in tandoori paste and yoghurt, knock up some tasty sides and sit down to a meal that'll make you swoon.

# BEFORE YOU START

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



## 1 ROAST THE PUMPKIN

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Toss to coat, then spread in a single layer and roast until tender, **20-25 minutes**.



## 2 COOK THE RICE

While the **pumpkin** is roasting, finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until golden and fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir and bring to the boil. 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 is absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



## 3 FLAVOUR THE CHICKEN

While the rice is cooking, combine the **chicken tenderloins** in a medium bowl with the **tandoori paste**, **1/2** the **Greek yoghurt**, a **drizzle** of **olive oil** and a **generous pinch** of **salt**.



## 4 MAKE THE RAITA & SALSA

Grate **1/2** the **cucumber**, then finely chop the remainder. Add the grated **cucumber** and the **remaining Greek yoghurt** to a small bowl and season with **salt** and **pepper**. Mix well and set aside. Finely chop the **tomato**. Roughly chop the **coriander**. In a small bowl, combine the **tomato**, **coriander**, the chopped **cucumber** and **white wine vinegar**. **Drizzle** with **olive oil**, season with **salt** and **pepper** and mix well. Set aside.



## 5 COOK THE CHICKEN

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, stirring, until golden, **2-3 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook until cooked through, **3-4 minutes** each side. **TIP:** *The chicken is cooked when it is no longer pink inside.*



## 6 SERVE UP

Divide the garlic rice, roasted pumpkin and tandoori chicken between plates. Top with the cucumber raita and salsa. Garnish with the flaked almonds.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
chicken tenderloin	1 packet	1 packet
tandoori paste	1 tub (50g)	2 tubs (100g)
Greek yoghurt	1 packet (100g)	2 packets (200g)
cucumber	1	2
tomato	1	2
coriander	1 bag	1 bag
white wine vinegar*	1 tsp	2 tsp
flaked almonds	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3350kJ (800Cal)	558kJ (133Cal)
Protein (g)	51.8g	8.6g
Fat, total (g)	28.9g	4.8g
- saturated (g)	10.9g	1.8g
Carbohydrate (g)	78.9g	13.1g
- sugars (g)	13.5g	2.3g
Sodium (g)	1050mg	175mg

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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