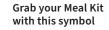
# Quick Chicken Tikka with Garlic Rice & Mint Yoghurt















Chicken Breast



Tandoori Paste





Greek-Style Yoghurt





Leaves



Mango Chutney

**Pantry items** 

Olive Oil, Butter, White Wine Vinegar

Hands-on: 20-30 mins Ready in: 25-35 mins Naturally gluten-free Not suitable for Coeliacs

Eat me early

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.

## 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 lid  $\cdot$  Large frying pan

## Ingredients

3			
	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*	1/4 tsp	½ tsp	
basmati rice	1 packet	2 packets	
chicken breast	1 small packet	1 large packet	
tandoori paste	1 sachet	2 sachets	
mint	1 bunch	1 bunch	
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 tub (50g)	1 tub (100g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3027kJ (723Cal)	624kJ (149Cal)
Protein (g)	39.9g	8.2g
Fat, total (g)	28.1g	5.8g
- saturated (g)	10.6g	2.2g
Carbohydrate (g)	74.6g	15.4g
- sugars (g)	12.7g	15.4g
Sodium (mg)	1061mg	219mg

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 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 mediumhigh 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!



#### 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.



## 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.



## 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.



#### 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. Don't worry if your chicken gets a little charred during cooking. It adds to the flavour!



# Serve up

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

## Enjoy!