



TANDOORI CHICKEN SWEET POTATO BOWL

with Garlic Yoghurt Dressing



Make a garlic yoghurt dressing



Sweet Potato



Chicken Thigh



Tandoori Paste



Garlic



Cucumber



Cos Lettuce Leaves



Coriander



Carrot



Greek Yoghurt



Lime



Crushed Peanuts

Hands-on: **25 mins**
Ready in: **35 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Low calorie

Bowls are all the rage right now... Buddha bowls, poke bowls, and now a tandoori chicken bowl. In keeping with the theme, this is healthy while still being incredibly satisfying, warming and aromatic.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 1cm chunks. Place on an oven tray lined with baking paper and **drizzle** with **olive oil**. Add the **salt**, a **pinch** of **pepper** and toss to coat. Roast for **25-30 minutes** or until tender.
TIP: Cut the sweet potato to the correct size to ensure it cooks in the allocated time.



2 PREP THE CHICKEN & VEG

While the sweet potato is roasting, cut the **chicken thigh** into 1cm strips. In a medium bowl, combine the chicken thigh strips, the **tandoori paste** and a **small drizzle** of **olive oil**. Season with **salt** and **pepper**, toss to coat and set aside. Finely chop the **garlic** (or use a garlic press). Thinly slice the **cucumber** into half-moons. Shred the **cos lettuce leaves**. Finely chop the **coriander**. Using a vegetable peeler, peel the **carrot** into ribbons.
TIP: You can grate the carrot if you'd prefer!



3 MAKE THE DRESSING

Heat the **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) and **garlic** in a medium frying pan over a medium-high heat. Cook for **30 seconds**, or until golden. Transfer to a small bowl and set aside to cool for **5 minutes**. Add the **Greek yoghurt** and a **squeeze** of **lime juice** to the **garlic oil** and stir to combine. Season generously with **salt** and **pepper**.
TIP: Don't worry if it looks a little separated to begin with, it will come together after stirring for 1 minute.



4 COOK THE CHICKEN

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** strips and cook, stirring, for **5-6 minutes** or until cooked through.



5 BRING IT ALL TOGETHER

Transfer the roasted **sweet potato** to a large bowl and add the **cucumber**, **cos lettuce** and **carrot**. Add the **garlic yoghurt dressing** and toss to coat. **TIP:** Toss just before serving to keep the leaves crisp!



6 SERVE UP

Divide the salad between bowls and top with the tandoori chicken. Sprinkle with the coriander and **crushed peanuts**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|--------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| sweet potato | 2 | 4 |
| salt* | ¼ tsp | ½ tsp |
| chicken thigh | 1 packet | 1 packet |
| tandoori paste | 1 tub (50 g) | 2 tubs (100 g) |
| garlic | 2 cloves | 4 cloves |
| cucumber | 1 | 2 |
| cos lettuce leaves | 1 bag | 2 bags |
| coriander | 1 bag | 1 bag |
| carrot | 1 | 2 |
| Greek yoghurt | 1 tub (100 g) | 2 tubs (200 g) |
| lime | 1 | 2 |
| crushed peanuts | 1 packet | 2 packets |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|---------------|
| Energy (kJ) | 2290kJ (546Cal) | 332kJ (79Cal) |
| Protein (g) | 41.3g | 6.0g |
| Fat, total (g) | 21.8g | 3.2g |
| - saturated (g) | 6.0g | 0.9g |
| Carbohydrate (g) | 41.6g | 6.0g |
| - sugars (g) | 22.5g | 3.3g |
| Sodium (g) | 1170mg | 170mg |

For allergens and ingredient information, visit 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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