



Tandoori Chicken & Garlic Rice

with Cucumber-Mint Yoghurt & Mango Chutney

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Chicken Breast



Tandoori Paste



Cucumber



Mint



Yoghurt



Tomato



Mango Chutney

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Eat me early

Enjoy the mild, aromatic flavours of India in a meal that everyone will love! Tender strips of chicken get a light tandoori coating, which goes perfectly with fragrant garlic rice. Finish it off with a creamy mint yoghurt to cover all your bases.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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 |
| garlic | 2 cloves | 4 cloves |
| butter* | 20g | 40g |
| water* | 1½ cups | 3 cups |
| salt* | ½ tsp | 1 tsp |
| basmati rice | 1 packet | 2 packets |
| chicken breast | 1 packet | 1 packet |
| tandoori paste | 1 packet (50g) | 1 packet (100g) |
| cucumber | 1 (medium) | 1 (large) |
| mint | 1 bunch | 1 bunch |
| yoghurt | 1 small packet | 1 large packet |
| tomato | 1 | 2 |
| white wine vinegar* | ½ tsp | 1 tsp |
| mango chutney | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2970kJ (709Cal) | 593kJ (142Cal) |
| Protein (g) | 44.5g | 8.9g |
| Fat, total (g) | 23.8g | 4.8g |
| - saturated (g) | 10.1g | 2.0g |
| Carbohydrate (g) | 75.6g | 15.1g |
| - sugars (g) | 12.5g | 2.5g |
| Sodium (mg) | 1290mg | 258mg |

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, heat the **butter** and a **dash** of **olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **1/2** the **salt**. Bring to the boil, then add the **basmati rice** and stir. 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!



2. Flavour the chicken

While the rice is cooking, slice the **chicken breast** into 1cm strips. In a medium bowl, combine the **tandoori paste**, **remaining salt** and a **good drizzle** of **olive oil**. Add the **chicken** and toss to coat. Set aside to marinate.



3. Make the cucumber yoghurt

Finely chop the **cucumber**. Pick the **mint** leaves and thinly slice. In a small bowl, combine the **yoghurt**, **1/3** of the **cucumber** and **1/2** the **mint**. Season with **salt** and **pepper** and mix well. Set aside.



4. Make the tomato salsa

Roughly chop the **tomato**. In a second medium bowl, combine the **tomato**, **remaining cucumber** and **remaining mint**. Add the **white wine vinegar** and a **drizzle** of **olive oil**. Season with **salt** and **pepper** and stir to combine.



5. 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 browned and cooked through, **3-4 minutes**. Transfer to a bowl and repeat with the **remaining chicken**.

TIP: Stand back! The tandoori paste can spatter while the chicken is cooking.

TIP: Don't worry if your chicken gets a little charred during cooking, it adds to the flavour!



6. Serve up

Divide the garlic rice and tandoori chicken between bowls. Serve with the cucumber-mint yoghurt, tomato salsa and a dollop of **mango chutney**.

Enjoy!