



Chicken Tikka Sammies

with Indian-Spiced Wedges and Yogurt Sauce

30 Minutes



Chicken Tenders



Chicken Breasts



Artisan Bun



Tikka Sauce



Indian Spice Mix



Russet Potato



Greek Yogurt



Mini Cucumber



Onion, sliced

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO TIKKA SAUCE

This South Asian-style sauce is the perfect curry base!

Start here

- Before starting, preheat the oven to 450°F
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, box grater, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-------------------|----------|----------|
| Chicken Tenders * | 310 g | 620 g |
| Chicken Breasts * | 2 | 4 |
| Artisan Bun | 2 | 4 |
| Tikka Sauce | ¼ cup | ½ cup |
| Indian Spice Mix | 1 tbsp | 2 tbsp |
| Russet Potato | 460 g | 920 g |
| Greek Yogurt | 100 ml | 200 ml |
| Mini Cucumber | 132 g | 264 g |
| Onion, sliced | 56 g | 113 g |
| Sugar* | ½ tsp | 1 tsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Bake wedges

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **1 tsp Indian Spice Mix** and **1 tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Bake in the **middle** of oven, flipping halfway through, until golden-brown and tender, 25-28 min.



Finish chicken

- Add **half the tikka sauce** (use all for 4 ppl), **remaining Indian Spice Mix** and **¼ cup water** (dbl for ppl) to the pan with **chicken**.
- Cook, stirring often, until coated, 1-2 min.



Prep

- Meanwhile, slice **1 cucumber** into ¼-inch slices (2 cucumbers for 4 ppl).
- Grate **remaining cucumber** into a small bowl. Sprinkle with **salt**. Set aside.

If you've opted to get **chicken breasts**, pat dry with paper towels, then carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season with **salt** and **pepper**.



Toast buns and make yogurt sauce

- Halve **buns**. Arrange **buns** on an unlined baking sheet, cut-side up.
- Toast in the **top** of oven until golden, 6-7 min. (**TIP**: Keep an eye on buns so they don't burn!)
- Meanwhile, add **yogurt**, **½ tsp sugar**, and **½ tbsp oil** (dbl both for 4 ppl) to the bowl with **grated cucumber**. Season with **salt** and **pepper**, then stir to combine.



Cook chicken

- Pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **chicken** and **onions**. (**NOTE**: For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until **chicken** is golden-brown and cooked through, 4-6 min.**

To cook **chicken breasts**, cook with **onions**, flipping once, until golden-brown and cooked through, 4-6 min per side.**



Finish and serve

- Spread **1 tbsp yogurt sauce** (dbl for 4 ppl) over **top buns**.
- Stack **chicken** and **sliced cucumbers** on **bottom buns**. Close with **top buns**.
- Divide **sammies** and **Indian-spiced wedges** between plates. Serve **remaining yogurt sauce** on the side for dipping.

Dinner Solved!