



CHICKEN TANDOORI-STYLE WITH PEA PILAU

and Garlic Naan

FAMILY



HELLO TANDOORI

A mildly spiced curry made with coconut milk or yogurt!

TIME: 35 MIN



Chicken Thighs



Basmati Rice



Naan Bread



Garlic



Traditional Tandoori Masala



Ginger



Greek Yogurt



Green Peas



Mini Cucumber

BUST OUT

- Grater
- Strainer
- 2 Medium Bowls
- Garlic Press
- Measuring Cups
- Large Pot
- Measuring Spoons
- Silicone Brush
- Large Non-Stick Pan
- Salt and Pepper
- Paper Towel
- Olive or Canola Oil
- Baking Sheet

INGREDIENTS

4-person

- Chicken Thighs 680 g
- Basmati Rice 1 ½ cup
- Naan Bread 1,2,3,4 2
- Garlic 12 g
- Traditional Tandoori Masala 6,9 2 tbsp
- Ginger 30 g
- Greek Yogurt 2 200 g
- Green Peas 227 g
- Mini Cucumber 66 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG



Preheat your oven to **425°F** (to toast naan). Start prepping when your oven comes up to temperature!



1 PREP Wash and dry all produce.* In a large pot, add **2 ½ cups water**. Cover and bring to a boil over high heat. Meanwhile, directly into a medium bowl, grate **cucumber**. Sprinkle with **¼ tsp salt**. Set aside. Peel, then mince or grate **garlic**. Peel, then finely grate **ginger**. Add **rice** to the pot. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4 FINISH TANDOORI When **chicken** is done, add **garlic** and **ginger** to the pan. Cook, stirring often, until fragrant, 1-2 min. Remove pan from heat. Stir in **remaining yogurt** and **¼ cup water**. Return pan to heat. Cook, stirring often, until **sauce** has thickened slightly 2-3 min.



2 COOK CHICKEN Meanwhile, pat **chicken** dry with paper towel, then cut into 1-inch pieces. In another medium bowl, toss **chicken** and **Traditional Tandoori Masala** with **1 tbsp oil**. Heat a large non-stick pan over medium-high heat. When pan is hot, add **chicken**. Cook, stirring often, until **chicken** is dark red and cooked through, 4-5 min. (**TIP:** Cook to a min internal temp. of 74°C/165°F, as size may vary.**)



5 TOAST NAAN Meanwhile, cut **each naan** into quarters, then **each quarter** in half to make 2 wedges. (**NOTE:** You will have 8 wedges total per naan.) On a baking sheet, brush **naan wedges** with **1 tsp oil**. Season with **salt** and **pepper**. Toast in **middle** of oven, until golden-brown and crisp, 4-5 min. (**TIP:** Keep an eye on the naan so that it does not burn!)



3 MAKE RAITA Meanwhile, drain **cucumber** over sink, then firmly squeeze off **excess water**. Return **cucumber** to the same bowl, then add **half the yogurt**. Season with **pepper**. Stir together and set aside.



6 FINISH AND SERVE Fluff **rice** with a fork, then stir in **green peas**. Season with **salt**. Divide **rice** between bowls, then top with **chicken tandoori**. Dollop with **raita** and serve with **toasted naan**, for dipping.

SCOOP IT UP!

Use the naan to scoop up all that delicious goodness.

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