



Sheet Pan Chicken Tikka

with Buttery Naan

Family Friendly

Quick

25 Minutes



Chicken Breasts



Naan Bread



Sweet Bell Pepper



Red Onion



Cilantro



Tikka Sauce



Greek Yogurt



Mild Curry Paste

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, medium bowl, measuring spoons, parchment paper, small pot, small bowl, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Naan Bread	2	4
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Cilantro	7 g	7 g
Tikka Sauce	½ cup	1 cup
Greek Yogurt	100 ml	200 ml
Mild Curry Paste	2 tbsp	4 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ 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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Prep and marinate chicken

Core, then cut **pepper** into 1-inch pieces. Peel, then cut **onion** into 1-inch pieces. Separate **onion layers**. Pat **chicken** dry with paper towels. Cut into 1-inch pieces. Add **chicken, mild curry paste** and **¼ tsp salt** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then toss to coat.



Warm naan

Melt **1 tbsp butter** in a small pot over low heat or in a microwavable bowl. Add **remaining cilantro**. Season with **salt** and **pepper**, then stir to combine. Arrange **naan** on an unlined baking sheet. Spread **cilantro-butter** over **tops of naan**. Bake in the **middle** of the oven until warmed through, 3-4 min.



Roast chicken and veggies

Add **peppers, onions** and **½ tbsp oil** (dbl for 4 ppl) to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Add **chicken** to the other side of the baking sheet. Arrange in a single layer. Roast in the **top** of the oven until **veggies** are tender and **chicken** is cooked through, 15-18 min.**



Warm tikka sauce

Add **tikka sauce** to the same pot (from step 4). Cook over medium, stirring often, until warmed through, 2-4 min.



Make cilantro yogurt

While **chicken** and **veggies** roast, roughly chop **cilantro**. Add **yogurt, half the cilantro, 2 tbsp water** and **¼ tsp sugar** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Finish and serve

Drizzle **tikka sauce** over **chicken** and **veggies** on the baking sheet, then toss gently to coat. Divide **chicken** and **veggies** between bowls. Drizzle **any remaining sauce** on the baking sheet over top. Dollop with **cilantro yogurt**. Tear **naan** and serve alongside.

Dinner Solved!