



Curried Chicken Loaded Naan

with tomato salad and sweet chilli sauce

Calorie Smart 20 – 25 mins • Spicy

20



Diced Chicken Breast



Onion



Salad Leaves



Tomato



Red Wine Vinegar



Rogan Josh Curry Paste



Honey



Sweet Chilli Sauce



Dried Chilli Flakes



Naan



Ground Coriander

Pantry Items: Oil, Salt, Pepper, Sugar, Butter, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Onion	1 unit	2 units
Salad Leaves	120 g	240 g
Tomato	2 units	4 units
Red Wine Vinegar	1 sachet	2 sachets
Rogan Josh Curry Paste	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	1 sachet
Dried Chilli Flakes	1 sachet	2 sachets
Naan	2 units	4 units
Ground Coriander	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	503.5 g	100 g
Energy (kJ/kcal)	2500 kJ/ 598 kcal	497 kJ/ 119 kcal
Fat (g)	9.8 g	1.9 g
Sat. Fat (g)	1.5 g	0.3 g
Carbohydrate (g)	82.6 g	16.4 g
Sugars (g)	16.5 g	3.3 g
Protein (g)	42.5 g	8.4 g
Salt (g)	2.8 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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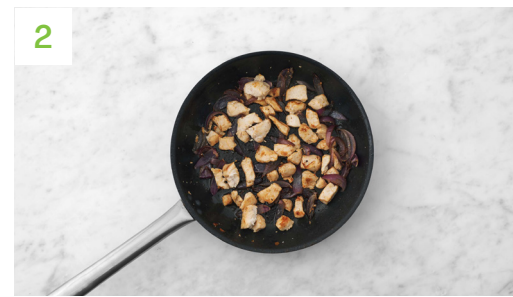
Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **onion**.



Warm the Naan

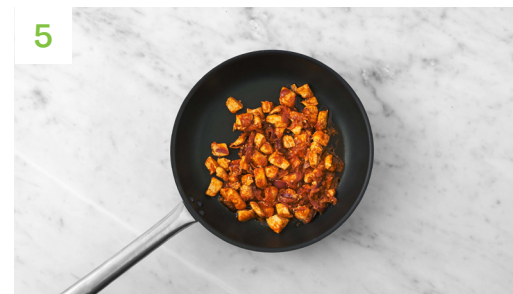
- Pop the **naans** onto a baking tray.
- Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.



Cook the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken, onion** and **ground coriander**. Season with **salt** and **pepper**.
- Fry until **chicken** is golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



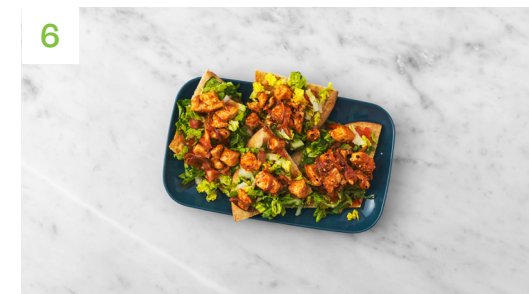
Finishing Touches

- When the **chicken** is cooked, reduce the heat to medium.
- Stir the **rogan josh paste** into the pan along with 50ml **water** (double for 4p).
- Simmer until thickened and slightly reduced, 3-4 mins.
- Once simmered, add ½ tsp **sugar**, 1 tbsp **butter** (double both for 4p) and the **honey** to the pan. Stir until the **butter** is melted.
- Taste and season with **salt** and **pepper**.



Chop the Salad

- Meanwhile, trim the **salad leaves**, halve lengthways and thinly slice widthways.
- Cut the **tomato** into 1cm chunks.
- In a salad bowl, mix together the **red wine vinegar**, 1 tbsp **oil**, ½ tsp **sugar** (double both for 4p), **salt** and **pepper**.
- Mix well to combine.
- Just before serving, toss the **salad leaves** and **tomato** through the dressing.



Assemble and Serve

- Transfer the **naans** to your plates.
- Scatter over the **tomato** salad.
- Load on the curried **chicken** and **onion**.
- Finish with a drizzle of **sweet chilli sauce** and a sprinkling of **chilli flakes** (use less if you don't like spice).

Enjoy!