



# Curried Chicken Loaded Naan

with tomato salad and sweet chilli sauce

20 – 25 mins • Spicy

20



Diced Irish Chicken Breast



Onion



Salad Leaves



Tomato



Red Wine Vinegar



Rogan Josh Curry Paste



Honey



Sweet Chilli Sauce



Dried Chilli Flakes



Naan



Diced Irish Chicken Breast

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



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## 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.

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

## Cooking tools you will need

### Ingredients

	2P	4P
Diced Irish 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
Irish Chicken Breast	520 g	1040 g

## Nutrition

for uncooked ingredient	Recipe 1	
	Per 100g	Per 100g
Energy (kJ/kcal)	494.9 kJ/ 118.3 kcal	486 kJ/ 116 kcal
Fat (g)	1.6 g	1.5 g
Sat. Fat (g)	0.3 g	0.3 g
Carbohydrate (g)	16.4 g	13.1 g
Sugars (g)	3.4 g	2.7 g
Protein (g)	8.9 g	12 g
Salt (g)	0.5 g	0.4 g

See site or app for detailed nutritional info.

## Allergens

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

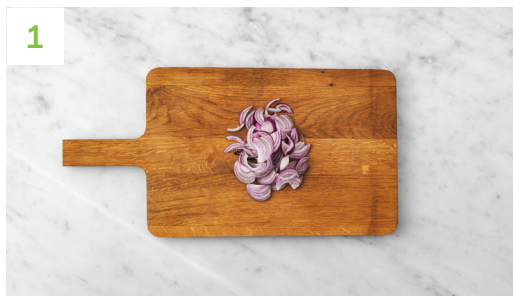
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## Get Prepped

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



## Cook the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and **onion**. 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.



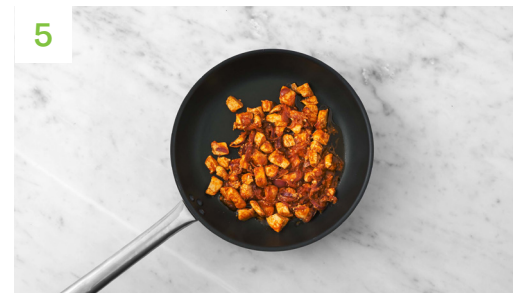
## Chop the Salad

- 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**, a drizzle of **oil**, ½ tsp **sugar** (per 2P), **salt** and **pepper**.
- Mix well to combine.
- Just before serving, toss the **salad leaves** and **tomato** through the dressing.



## 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.



## Finishing Touches

- When the **chicken** is cooked, reduce the heat to medium.
- Stir the **rogan josh paste** into the pan along with 50ml **water** (per 2P).
- Simmer until thickened and slightly reduced, 3-4 mins.
- Once simmered, add a knob of **butter** and the **honey** to the pan. Stir until the **butter** is melted.
- Taste and season with **salt** and **pepper**.



## 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!