



Curried Chicken Tortillas

with yoghurt and sweet chilli drizzle

Calorie Smart 25-30 mins

16



Diced Chicken Breast



Lemon



Salad Leaves



North Indian Style Spice Mix



Tortilla



Garlic



Chilli



Carrot



Yoghurt



Sweet Chilli Sauce



Rogan Josh Curry Paste



Shallot

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



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.

Cooking tools you will need

Grater, zester

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Lemon	1 unit	2 units
Salad Leaves	120 g	240 g
North Indian Style Spice Mix	2 sachets	4 sachets
Tortilla	8 units	16 units
Garlic	1 unit	2 units
Chilli	1 unit	2 units
Carrot	1 unit	2 units
Yoghurt	75 g	150 g
Sweet Chilli Sauce	2 sachets	4 sachets
Rogan Josh Curry Paste	1 sachet	2 sachets
Shallot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	536 g	100 g
Energy (kJ/kcal)	2548.1 kJ/ 609 kcal	475.4 kJ/ 113.6 kcal
Fat (g)	15.1 g	2.8 g
Sat. Fat (g)	6.9 g	1.3 g
Carbohydrate (g)	78.2 g	14.6 g
Sugars (g)	20.2 g	3.8 g
Protein (g)	42.6 g	7.9 g
Salt (g)	3.8 g	0.7 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 the oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a garlic press). Trim and coarsely grate the **carrot** (no need to peel).
- Zest and halve the **lemon**.
- Halve the **chilli** lengthways, deseed and finely chop.

TIP: If you want to avoid turning on your oven, you can dry-fry the tortillas in a pan instead!



Warm the Tortillas

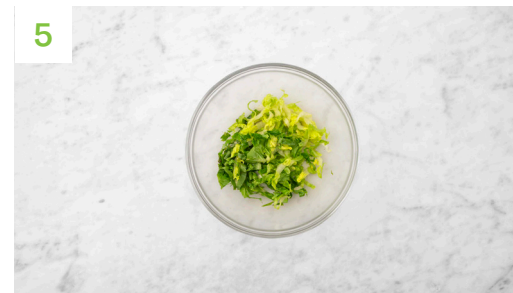
- Pop the **tortillas** into the oven to warm through, 1-2 mins.



Brown the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and **shallot**. Season with **salt** and **pepper**.
- Fry until **chicken** is golden all over, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Add the **carrot** and cook until softened, 2-3 mins.

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



Assemble the Salad

- Meanwhile, trim the **salad leaves**, halve lengthways, then thinly slice widthways.
- In a bowl, mix together 1 tbsp **lemon** juice, 1 tbsp **oil** (double both for 4p), **salt**, **pepper** and a pinch of **sugar**.
- Add the **salad leaves** to a salad bowl and toss to combine.
- Cut any remaining **lemon** into wedges for squeezing over.



Add Some Spice

- Add the **garlic**, **lemon** zest, **rogan josh paste** and **North Indian spice mix** to the pan.
- Mix well and simmer, stirring, until **chicken** is cooked through, 1-2 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Remove the pan from the heat.

TIP: Add a splash of water to loosen the sauce if you feel it's too thick.



Garnish and Serve

- When everything is ready, divide the warmed **tortillas** between plates.
- Top your **tortillas** with a handful of salad and the curried **chicken**.
- Drizzle over the **yoghurt** and **sweet chilli sauce**.
- Finish with a sprinkling of chopped **chilli** (use less if you don't like spice).
- Serve any remaining salad alongside.

Enjoy!