



# 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

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	2 units	4 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	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Naan	2 units	4 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>512 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2433 kJ/ 582 kcal	475 kJ/ 114 kcal
Fat (g)	8.6 g	1.7 g
Sat. Fat (g)	1.5 g	0.3 g
Carbohydrate (g)	82 g	16 g
Sugars (g)	16.4 g	3.2 g
Protein (g)	42.4 g	8.3 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.

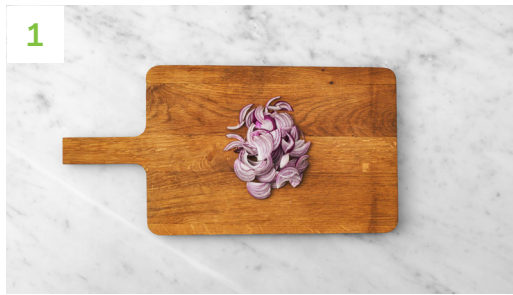
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## Get Prepped

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



## Warm the Naan

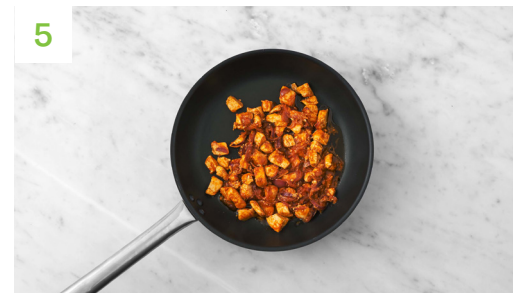
- Pop the **naans** onto a baking tray.
- Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.



## Cook the Chicken

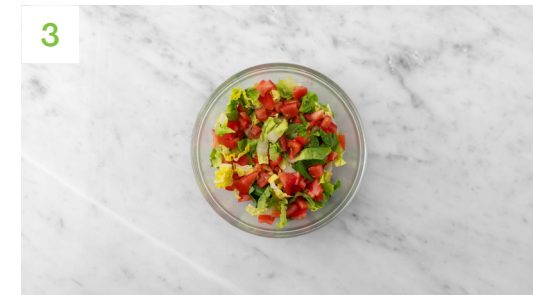
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and **onion**. Season with **salt** and **pepper**.
- Fry until **chicken** is golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. 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.



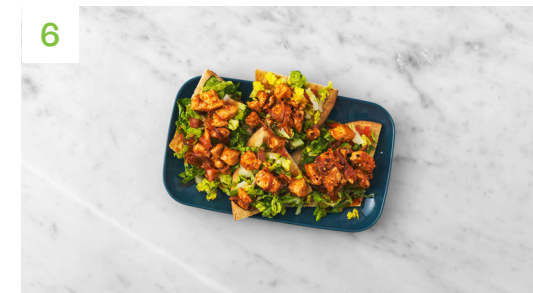
## Finishing Touches

- 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 medium 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!