



Sheet-Pan Tandoori Chicken

with Peppers on Garlic Naan

Family Friendly 30 Minutes



Chicken Breasts



Red Onion



Greek Yogurt



Sweet Bell Pepper



Indian Spice Mix



Garlic, cloves



Naan Bread



Cilantro



Smoked Paprika

HELLO SMOKED PAPRIKA

Adds a hint of smokiness just like a tandoor oven!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, medium bowl, measuring spoons, silicone brush, parchment paper, 2 small bowls, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Red Onion	56 g	113 g
Greek Yogurt	100 ml	200 ml
Sweet Bell Pepper	160 g	320 g
Indian Spice Mix	1 tbsp	2 tbsp
Garlic, cloves	2	4
Naan Bread	2	4
Cilantro	7 g	7 g
Smoked Paprika	1 tsp	2 tsp
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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep and make marinade

Core, then cut **pepper** into ¼-inch slices. Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl). Peel, then mince or grate **garlic**. Stir together **half the garlic, Indian Spice Mix, smoked paprika, half the yogurt, ½ tbsp oil, ¼ tsp salt** and **⅛ tsp pepper** (dbl all for 4 ppl) in a medium bowl.



Make cilantro yogurt

While **chicken** and **veggies** bake, roughly chop **cilantro**. Stir together **remaining yogurt, cilantro, ¼ tsp sugar** and **1 ½ tbsp water** (dbl both for 4 ppl) in a small bowl.



Prep chicken

Pat **chicken** dry with paper towels. Cut into ½-inch slices crosswise. Add **chicken** to the bowl with **yogurt marinade**. Toss to coat. Transfer to one side of a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets. Arrange chicken on one, veggies on the other.)



Make garlic naan

When **chicken** and **veggies** are finished, add **1 tbsp butter** (dbl for 4 ppl) to a microwave-safe bowl. Microwave until melted, 30 sec. Arrange **naan** on an unlined baking sheet. Brush with **melted butter**, then sprinkle **remaining garlic** over top. Bake in the **top** of the oven until warmed through, 2-4 min. (**TIP:** Keep your eye on naan so they don't burn!)



Bake chicken and veggies

Add **peppers, onions** and **1 tbsp oil** (dbl for 4 ppl) to the other side of the baking sheet with **chicken**. Season with **salt** and **pepper**, then toss to combine. Bake in the **middle** of the oven until **veggies** are tender and **chicken** is cooked through, 8-10 min. **** (NOTE:** For 4 ppl, bake chicken in the middle of the oven and veggies in the top!)



Finish and serve

Divide **garlic naan** between plates. Top with **chicken** and **veggies**. Dollop **cilantro yogurt** over top. Wrap **naan** to eat handheld or keep flat and use a fork and knife!

Dinner Solved!