



Everything  
But The Chef

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## Bollywood Chicken Burgers

Tonight, showing at a kitchen near you, it's our tribute to Bollywood! This mix of subcontinental flavours and the convenience of the Western burger will have the crowd going wild. We've kept it classic with perfectly golden fries as a side. This meal will have you singing and dancing well into the night. The ultimate proof that Australians will put just about anything onto burgers.

**Prep:** 10 mins  
**Cook:** 30 mins  
**Total:** 40 mins

**level 1**  
 **outdoor dining**  
 **high protein**  
 **eat me early**

### Pantry Items



Olive Oil



Potatoes



Parbaked Sourdough  
Burger Buns



Tandoori Paste



Yoghurt



Chicken Breast



Tomato



Baby Spinach

2P	4P	Ingredients	
400 g	800 g	potatoes, skin on & cut into fries	A
1 tbs	2 tbs	olive oil *	
2	4	parbaked sourdough burger buns, left whole	
½ tsp	1 tbs	Tandoori paste	
1 tub	2 tubs	yoghurt	
1 fillet	2 fillets	chicken breast, sliced horizontally	B
1	2	tomato, sliced	
½ bag	1 bag	baby spinach leaves, washed	

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	3120	Kj
Protein	59.1	g
Fat, total	23.3	g
-saturated	5.6	g
Carbohydrate	66	g
-sugars	9	g
Sodium	742	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** chopping board, chef's knife, baking paper lined oven tray, small bowl, BBQ grill plate or large frying pan and tongs.

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Place the **potatoes** in a single layer on the prepared oven tray and toss in half of the **olive oil**. Season with **salt** and **pepper**. Cook in the oven for **30 minutes** or until golden and tender. Add the **parbaked sourdough burger buns** to the oven for the last **5 minutes**.



**3** Meanwhile, combine the **Tandoori paste** and 2 tablespoons of the **yoghurt** in a small bowl. Coat the **chicken breast** in the tandoori yoghurt mixture.

**4** Heat the remaining oil on a BBQ grill plate or large frying pan over a medium-high heat. Cook the chicken for **3-4 minutes** on each side or until cooked through.



**5** To assemble, slice the warm burger buns and layer with the **tomato**, **baby spinach leaves**, and chicken. Dollop with the remaining yoghurt and serve with the potato fries.



**Did you know?** People have been enjoying yoghurt for at least 5,500 years!