



HELLO
FRESH

Oven-Baked Chettinad Style Spiced Chicken Skewers

with Pitta Breads and Roasted Vegetables

High Protein

Preparation time : 40 min.



Bamboo

Skewers



British Chicken

Thighs



Chettinad Style

Paste



Lemon



Pitta Breads



Sugar for the
Pickle



Garlic Clove



Greek Style

Natural Yoghurt



Courgette



Red Onion



Wild Rocket



What did you think of this recipe?
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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/oven-baked-chettinad-style-spiced-chicken-skewers-142>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Bowl, Small Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Bamboo Skewers (unit(s))	4	12	16
Garlic Clove (unit(s))	1	1½	2
British Chicken Thighs (unit(s))	4	6	8
Greek Style Natural Yoghurt (grams)	150	225	300
Chettinad Style Paste (grams)	25	37½	50
Courgette (unit(s))	1	1½	2
Lemon (unit(s))	1	1½	2
Red Onion (unit(s))	1	1½	2
Pitta Breads (unit(s))	4	6	8
Wild Rocket (grams)	20	40	40
Sugar for the Pickle (tsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

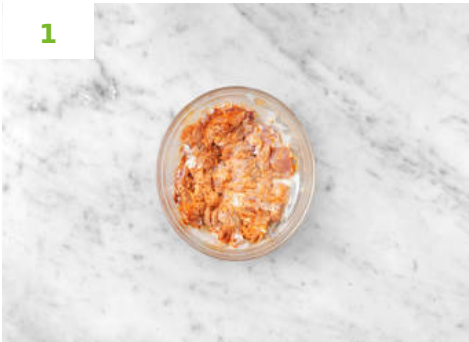
Nutritional values

Per serving	Amount
Energy (kJ)	3398 kJ
Energy (kcal)	812 kcal
Fat	39.4 g
of which saturates	13.9 g
Carbohydrate	60.4 g
of which sugars	17.6 g
Dietary Fibre	7 g
Protein	56.9 g
Salt	2.24 g

Allergens

Milk, Wheat, May contain traces of allergens, Celery, Cereals containing gluten, Spelt (wheat)

Always check the product labels for allergen information.

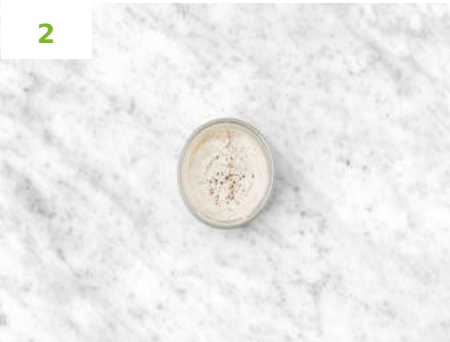


Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Soak your **skewers** in **cold water** to prevent them from burning. Peel and grate the **garlic** (or use a garlic press).

Cut the **chicken thighs** into 2cm chunks. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. Pop the chicken pieces into a medium bowl.

In another bowl, combine the **yoghurt** and **Chettinad style paste**. Season with **salt** and **pepper** and mix well.



Prep Time

Spoon **half** the **Chettinad yoghurt** into the bowl with the **chicken**. Set the remaining **sauce** aside - this will be your drizzle later. **TIP:** Make sure the spoon you use for the chicken doesn't touch the sauce you've set aside!

Add the **garlic** to the **chicken** bowl and drizzle in some **oil**. Mix to completely coat in the marinade. Set aside for later.

Trim the **courgette** and slice into 1cm thick rounds.

Halve the **lemon**.

Halve, peel and slice **half** the **red onion** as thinly as you can. Cut the remaining half into roughly 3cm wedges.

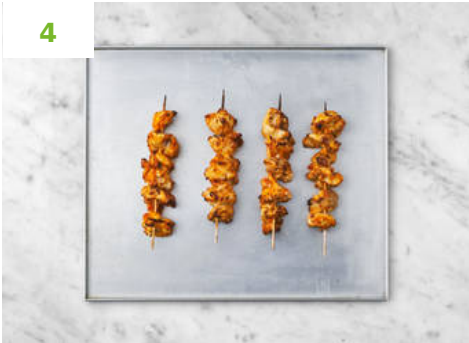


In a Pickle

Pop the **sliced red onion** into a small bowl and add in a good squeeze of **lemon**.

Add the **sugar for the pickle** (see pantry for amount) and a pinch of **salt**.

Mix together and set aside to pickle.



Into the Oven

Pop the **veg** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if needed.

When the oven is hot, roast on the top shelf until softened and browned, 18-20 mins. Turn halfway through.

Meanwhile, thread the **chicken pieces** onto the **skewers** (2 per person) and space them out equally on a lightly oiled baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Bake on the middle shelf until cooked through, 12-16 mins. Turn halfway through. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



All Together Now

When everything's nearly ready, pop the **pittas** in the oven to warm through, 2-3 mins.

Add a good squeeze of **lemon juice** to the remaining **Chettinad yoghurt sauce**. Season with **salt** and **pepper** and mix well.



Serve Up

When everything's ready, share the **skewers** and **roasted veg** between serving plates.

Carefully slice a small sliver off the top of each **pitta** to create an opening, then gently insert a knife or a spoon to open up the pocket. These are your **pitta pockets!** **TIP:** If you prefer, keep them whole and serve on the side for dipping and scooping up.

Toss the **rocket** through the **pickled onions** and serve alongside. Drizzle the **yoghurt sauce** over the **skewers** to finish.

Build your **chicken pitta pockets** with the toppings you like best and tuck in!

Enjoy your meal!