

Mumbai Chicken & Spiced Potatoes

with Mixed Salad & Yoghurt

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Carrot



Mini White Turnip



Mint



Mumbai Spice Blend



Boneless Chicken Drumsticks



Brown Mustard Seeds



Mixed Salad Leaves



Greek-Style Yoghurt



Chicken Breast

Hands-on: **30-40 mins**
 Ready in: **35-45 mins** Calorie Smart

Eat Me Early

We can't work out which is best: the pop of brown mustard seeds on the roasted potato and fried onion, the gentle warmth of the spiced chicken or the burst and crunch of the mixed leaf salad. You decide!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Red Wine)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
carrot	1	2
mini white turnip	1	2
mint	1 bag	1 bag
Mumbai spice blend	1 sachet	2 sachets
brown sugar*	½ tsp	1 tsp
boneless chicken drumsticks	1 packet	1 packet
brown mustard seeds	1 sachet	1 sachet
mixed salad leaves	1 bag (60g)	1 bag (120g)
vinegar* (white wine or red wine)	1 tsp	2 tsp
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	410kJ (97Cal)
Protein (g)	39.3g	5.9g
Fat, total (g)	31.1g	4.7g
- saturated (g)	9g	1.4g
Carbohydrate (g)	54.7g	8.3g
- sugars (g)	11.7g	1.8g
Sodium (mg)	475mg	72mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2144kJ (512Cal)	321kJ (76Cal)
Protein (g)	44.5g	6.7g
Fat, total (g)	14.7g	2.2g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	51.8g	7.8g
- sugars (g)	12.3g	1.8g
Sodium (mg)	437mg	66mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned, **2 minutes** each side. Transfer the **chicken** to a second lined oven tray and bake until cooked through, **10-12 minutes**.

TIP: *Chicken is cooked through when it's no longer pink inside.*

CUSTOM RECIPE

Return the frying pan to a high heat with a drizzle of olive oil. When the oil is hot, cook the chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.



Get prepped

While the potato is roasting, thinly slice the **brown onion**. Finely chop the **garlic**. Grate the **carrot**. Thinly slice the **mini white turnip**. Pick the **mint** leaves and finely chop. In a medium bowl, combine the **Mumbai spice blend**, **brown sugar** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **boneless chicken drumsticks** and turn to coat. Set aside.

CUSTOM RECIPE

If you've swapped your boneless chicken drumsticks with chicken breast, cut chicken into 2cm chunks after prepping veggies. Add chicken to bowl with seasoning as above. Toss to coat.



Make the salad

While the chicken is cooking, combine the **carrot**, **turnip**, **mixed salad leaves** and **mint** in a second large bowl. Add the **vinegar**, then drizzle with **olive oil** and toss to coat. Season to taste.



Cook the onion

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **onion** and **brown mustard seeds**, season and cook, stirring occasionally, until softened, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a large bowl.



Serve up

Slice the Mumbai chicken. Transfer the roasted potatoes to the bowl with the onion and mustard seeds and toss to combine. Divide the chicken, spiced potatoes and mixed salad between plates. Top with the **Greek-style yoghurt** to serve.

CUSTOM RECIPE

No need to slice the chicken chunks!

Enjoy!