



Seared Chicken & Warm Roast Cauliflower Salad

with Indian Coconut Dressing

Grab your Meal Kit with this symbol



Potato



Cauliflower



Carrot



Garlic



Red Onion



Chicken Breast



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Roasted Almonds



Mixed Salad Leaves

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Eat me early

We've stepped up every element of this sublime salad, from roasted veggies with a pop of brown mustard seeds to tangy pickled onion and a lip-smackingly good coconut dressing, infused with mild Indian spices.

Pantry items

Olive Oil, Vinegar (White Wine or Rice 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cauliflower	1 portion (200g)	1 portion (400g)
carrot	2	4
garlic	1 clove	2 cloves
red onion	½	1
chicken breast	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
vinegar* (white wine or rice wine)	¼ cup	½ cup
mild North Indian spice blend	1 sachet	1 sachet
coconut milk	1 tin (165ml)	1 tin (400ml)
roasted almonds	1 packet	2 packets
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3146kJ (751Cal)	386kJ (92Cal)
Protein (g)	44.4g	5.4g
Fat, total (g)	35.4g	4.3g
- saturated (g)	13.7g	1.7g
Carbohydrate (g)	59.1g	7.2g
- sugars (g)	18.4g	2.3g
Sodium (mg)	868mg	106mg

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Cut the **cauliflower** into small florets. Cut the **carrot** into 1cm half-moons. Finely chop the **garlic**. Thinly slice the **red onion** (see ingredients). Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



Cook the chicken

When the veggies have **10 minutes** cook time remaining, combine 1/2 the **Mild North Indian spice blend** and a drizzle of **olive oil** in a medium bowl. Add the **chicken**, then season with **pepper** and toss to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

TIP: The chicken is cooked through when it's no longer pink inside.



Roast the veggies

Place the **potato**, **cauliflower**, **carrot**, **Mumbai spice blend** and a drizzle of **olive oil** on an oven tray lined with baking paper. Season with **salt** and **pepper** and toss to coat. Spread in a single layer and roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** and remaining **mild North Indian spice blend** until fragrant, **1 minute**. Add the **coconut milk**, then season with **salt** and **pepper** and stir to combine. Cook until slightly thickened, **2-3 minutes**. Stir through any **chicken resting juices**. While the sauce is cooking, roughly chop the **roasted almonds**.



Pickle the onion

While the veggies are roasting, combine the **vinegar** and a good pinch of **sugar** and **salt** in a small bowl. Scrunch the **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the **onion**. Stir to combine and set aside until serving.



Serve up

Add the **mixed salad leaves** to the roasted veggies and toss to combine. Slice the seared chicken. Drain the pickled onion. Divide the roasted veggies between plates. Top with the chicken and drizzle over the Indian coconut dressing. Serve with the pickled onion and garnish with the almonds.

Enjoy!