



# Mumbai-Spiced Chicken & Roast Potatoes

with Cherry Tomato Salad & Garlic Sauce

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Chopped Potato



Brown Onion



Garlic



Carrot



Snacking Tomatoes



Mumbai Spice Blend



Chicken Thigh



Brown Mustard Seeds



Mixed Salad Leaves



Garlic Sauce



Salmon

Prep in: 30-40 mins  
Ready in: 35-45 mins



Carb Smart\*

\*Custom recipe is not Carb Smart or Dietitian Approved



Eat Me First

We can't work out which bit we like best here: the pop of brown mustard seeds on the potatoes and onion, the gentle warmth of the spiced chicken or the creamy garlic sauce. Dig in and decide!

**CUSTOM RECIPE**

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

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chopped potato	1 medium bag	1 large bag
brown onion	½	1
garlic	2 cloves	4 cloves
carrot	1	2
snacking tomatoes	1 punnet	2 punnets
Mumbai spice blend	1 medium sachet	1 large sachet
chicken thigh	1 small packet	2 small packets OR 1 large packet
brown mustard seeds	1 medium packet	2 medium packets
<b>white wine vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
garlic sauce	1 medium packet	2 medium packets
salmon**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2209kJ (528Cal)	346kJ (83Cal)
Protein (g)	39.3g	6.2g
Fat, total (g)	22.3g	3.5g
- saturated (g)	4g	0.6g
Carbohydrate (g)	39.9g	6.2g
- sugars (g)	10.2g	1.6g
Sodium (mg)	836mg	131mg
Dietary Fibre (g)	11.7g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2651kJ (634Cal)	432kJ (103Cal)
Protein (g)	38.1g	6.2g
Fat, total (g)	34.1g	5.6g
- saturated (g)	5.6g	0.9g
Carbohydrate (g)	41.4g	6.7g
- sugars (g)	10.2g	1.7g
Sodium (mg)	776mg	126mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Place **chopped potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

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

4



## Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken thigh**, turning occasionally, until browned and cooked through (when no longer pink inside), **10-14 minutes**.

**TIP:** The spice blend may char in the pan, this adds to the flavour!

**Custom Recipe:** Prepare pan as above. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.

2



## Get prepped

- Meanwhile, thinly slice **brown onion** (see ingredients). Finely chop **garlic**. Grate **carrot**. Halve **snacking tomatoes**.
- In a medium bowl, combine **Mumbai spice blend**, a splash of **water** and a drizzle of **olive oil**. Add **chicken thigh**, turning to coat.

**Custom Recipe:** If you've upgraded to salmon, pat salmon dry with paper towel. Season both sides. Add salmon to Mumbai spice blend bowl, turning to coat.

5



## Finish the sides

- Meanwhile, combine a drizzle of the **white wine vinegar** and **olive oil** in a second large bowl. Season, then add **carrot**, **tomato** and **mixed salad leaves**. Toss to combine. Set aside.
- Transfer **roasted potato** to the bowl with the cooked onion. Toss to combine.

3



## Cook the onion

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

6



## Serve up

- Slice Indian-style chicken.
- Divide chicken, roast potatoes and cherry tomato salad between plates.
- Drizzle **garlic sauce** over chicken to serve. Enjoy!

## Rate your recipe

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