



# One-Pot Indian Chicken & Veggie Pilaf

with Yoghurt & Parsley

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Chicken Breast



Soffritto Mix



Bengal Curry Paste



Mumbai Spice Blend



Basmati Rice



Chicken-Style Stock Powder



Baby Spinach Leaves



Greek-Style Yoghurt



Parsley



Chicken Breast

Prep in: 25-35 mins  
Ready in: 35-45 mins



Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*



Eat Me Early

Tonight, we're bringing the hustle and bustle of an Indian night market to your kitchen. Perfect deep and rich Bengali paste is the inspiration for this Mumbai chicken and served with a veggie pilaf, the night markets are now in your kitchen!

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

### Pantry items

Olive Oil, Brown Sugar

## 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

Large saucepan with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chicken breast	1 small packet	2 small packets OR 1 large packet
soffritto mix	1 medium bag	1 large bag
Bengal curry paste	½ packet	1 packet
Mumbai spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
parsley	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2419kJ (578Cal)	574kJ (137Cal)
Protein (g)	43.8g	10.4g
Fat, total (g)	9.2g	2.2g
- saturated (g)	2.8g	0.7g
Carbohydrate (g)	75.3g	17.9g
- sugars (g)	12.7g	3g
Sodium (mg)	1826mg	433mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3172kJ (758Cal)	541kJ (129Cal)
Protein (g)	77.8g	13.3g
Fat, total (g)	13.9g	2.4g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	75.3g	12.8g
- sugars (g)	12.7g	2.2g
Sodium (mg)	1910mg	326mg

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



1



## Get prepped

- Cut **chicken breast** into 2cm chunks.

**Custom Recipe:** If you've doubled your chicken breast, prepare chicken as above.

2



## Cook the chicken & veggies

- Heat a large saucepan over high heat with a drizzle of **olive oil**. Cook **chicken**, tossing, until just browned, **1-2 minutes**.
- Add **soffritto mix** and cook, stirring, until softened, **3-4 minutes**.
- **SPICY!** The curry paste is spicy so use a little less if you prefer your pilaf mild. Add **Bengal curry paste (see ingredients)** and **Mumbai spice blend** and cook, stirring, until fragrant, **1 minute**.

**Custom Recipe:** Cook chicken in batches, as above, for the best results. Return all chicken to the pan and continue as above.

3



## Cook the rice

- Add **basmati rice** and stir to coat. Add the **water**, **chicken-style stock powder** and the **brown sugar**. Stir, then bring to the boil.
- Cover with a lid or foil and reduce heat to medium-low. Cook for **10 minutes**, then remove the pan from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**. Stir through **baby spinach leaves** to wilt.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

4



## Serve up

- Divide one-pot Indian chicken and veggie pilaf between bowls.
- Dollop with **Greek-style yoghurt** and tear **parsley** over to serve. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)