



# Mild Mumbai Coconut Chicken Soup

with Crushed Peanuts

EXPLORER

Grab your Meal Kit with this symbol



Carrot



Zucchini



Green Beans



Chicken Thigh



Ginger Paste



Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Chicken Stock Pot



Baby Spinach Leaves



Crushed Peanuts



Chicken Thigh

Prep in: 15-25 mins  
Ready in: 25-35 mins

Carb Smart\*  
*\*Custom Recipe is not Carb Smart*

Eat Me Early

Nip that chicken soup craving in the bud with this four-step soup. Complete with plenty of veggies to keep the carbs in check, you have the best ingredients to soak up all of this coconutty deliciousness.

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

### Pantry items

Olive Oil



## 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 frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
zucchini	1	2
green beans	1 small bag	1 medium bag
chicken thigh	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 packet	2 packets
<b>water*</b>	1 cup	2 cups
chicken stock pot	1 packet (20g)	2 packets (40g)
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
chicken thigh**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2200kJ (526Cal)	407kJ (97Cal)
Protein (g)	39.8g	7.4g
Fat, total (g)	31.8g	5.9g
- saturated (g)	18g	3.3g
Carbohydrate (g)	19.6g	3.6g
- sugars (g)	14.3g	2.6g
Sodium (mg)	1335mg	247mg
Dietary Fibre (g)	9.2g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3027kJ (723Cal)	429kJ (103Cal)
Protein (g)	70.2g	9.9g
Fat, total (g)	40.2g	5.7g
- saturated (g)	20.5g	2.9g
Carbohydrate (g)	19.6g	2.8g
- sugars (g)	14.3g	2g
Sodium (mg)	1436mg	203mg

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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## Get prepped

- Thinly slice **carrot** and **zucchini** into half-moons.
- Trim **green beans** and slice into thirds.
- Cut **chicken thigh** into bite-sized chunks.

**Custom Recipe:** If you've doubled your chicken thigh, cut chicken into 2cm chunks.

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## Make the soup

- Reduce heat to medium, then add **ginger paste**, **Mild North Indian spice blend** and **Mumbai spice blend** and cook, until fragrant, **1 minute**.
- Add **coconut milk**, the **water** and **chicken stock pot**. Return **chicken** to the pan and cook, stirring, until slightly thickened, **2-3 minutes**.
- Add **baby spinach leaves** to the pan and cook until wilted, **1 minute**.
- Season to taste.

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## Cook the chicken & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing, until browned and cooked through (when no longer pink inside), **4-6 minutes**. Season. Transfer to a plate.
- Return frying pan to high heat with a drizzle of **olive oil** if needed.
- Add **carrot**, **zucchini** and **green beans** and cook, tossing, until just softened, **2-3 minutes**.

**TIP:** Add a dash of water to the veggies to help speed up the cooking process.

**Custom Recipe:** Cook chicken in batches for the best results.

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## Serve up

- Divide the Mild Mumbai coconut chicken soup between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)