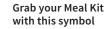


Mild Mumbai Coconut Chicken Soup

with Crushed Peanuts

EXPLORER











Green Beans

Chicken Thigh





Ginger Paste

Mild North Indian Spice Blend



Mumbai Spice



Coconut Milk



Chicken Stock



Baby Spinach Leaves



Crushed Peanuts

Pantry items

Olive Oil



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

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.

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

3				
	2 People	4 People		
olive oil*	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		
water*	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 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





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.



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.



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.



Serve up

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

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.com.au/rate