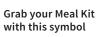


# Super Quick Mumbai Coconut Chicken Soup with Pre-Prep Veg & Crushed Peanuts









Chicken Tenderloins





Indian Spice Blend



Mumbai Spice



Coconut Milk



Chicken Stock



**Baby Spinach** Leaves



Crushed Peanuts





Eat Me Early

\*Custom recipe is not Carb Smart

the carbs in check, you have the best ingredients to soak up all of this coconutty deliciousness.

**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

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	2 People	4 People
olive oil*	refer to method	refer to method
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
green veg mix	1 medium bag	1 large bag
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 tenderloins**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Per Serving	Per 100g
2008kJ (480Cal)	438kJ (105Cal)
46.7g	10.2g
25.6g	5.6g
16.2g	3.5g
14.4g	3.1g
7.5g	1.6g
1279mg	279mg
8.2g	1.8g
	2008kJ (480Cal) 46.7g 25.6g 16.2g 14.4g 7.5g 1279mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2723kJ (651Cal)	437kJ (104Cal)
Protein (g)	83.3g	13.4g
Fat, total (g)	28.1g	4.5g
- saturated (g)	17g	2.7g
Carbohydrate (g)	14.4g	2.3g
- sugars (g)	7.5g	1.2g
Sodium (mg)	1349mg	216mg

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.





#### Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cut chicken tenderloins into 2cm chunks.
- Cook chicken, tossing, until browned and cooked through, 3-4 minutes each side.

TIP: Chicken is cooked through when it is no longer pink inside.

**Custom Recipe:** If you've doubled your chicken tenderloins, prepare as above and cook in batches for the best results.



# 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 and return the chicken to pan. 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 veggies

- Return frying pan to high heat with a drizzle of **olive oil** if needed.
- Cook green veg mix, tossing, until just softened, 2-3 minutes.

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



# Serve up

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