



Super Quick Mumbai Coconut Chicken Soup

with Pre-Prep Veg & Crushed Peanuts


NEW

Grab your Meal Kit with this symbol



-  Chicken Tenderloins
-  Green Veg Mix
-  Ginger Paste
-  Mild North Indian Spice Blend
-  Mumbai Spice Blend
-  Coconut Milk
-  Chicken Stock Pot
-  Baby Spinach Leaves
-  Crushed Peanuts
-  Chicken Tenderloins

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

 Carb Smart*
**Custom recipe is not Carb Smart*

 Eat Me Early

Nip that chicken 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
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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2008kJ (480Cal)	438kJ (105Cal)
Protein (g)	46.7g	10.2g
Fat, total (g)	25.6g	5.6g
- saturated (g)	16.2g	3.5g
Carbohydrate (g)	14.4g	3.1g
- sugars (g)	7.5g	1.6g
Sodium (mg)	1279mg	279mg
Dietary Fibre (g)	8.2g	1.8g

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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

3



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.

2



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.

4



Serve up

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

Rate your recipe

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