



Mumbai Yoghurt Chicken

with Corn-Tomato Salad & Flaked Almonds

BESTSELLER



Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Tomato



Sweetcorn



Mumbai Spice Blend



Greek-Style Yoghurt



Chicken Breast



Mixed Salad Leaves



Flaked Almonds



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

This mildly spiced, Indian-inspired chicken dish is served with a vibrant, subtly sweet roast veggie toss, which keeps the carbs down and the flavour up. Top with a sprinkle of almonds for crunch and a dollop of yoghurt to bring it all together.

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

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
Mumbai spice blend	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast	1 small packet	2 small packets OR 1 large packet
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
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)	2800kJ (669Cal)	646kJ (154Cal)
Protein (g)	44.9g	10.4g
Fat, total (g)	20.8g	4.8g
- saturated (g)	8.7g	2g
Carbohydrate (g)	71.8g	16.6g
- sugars (g)	8.2g	1.9g
Sodium (mg)	885mg	204mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3553kJ (849Cal)	594kJ (142Cal)
Protein (g)	78.9g	13.2g
Fat, total (g)	25.5g	4.3g
- saturated (g)	10.2g	1.7g
Carbohydrate (g)	71.8g	12g
- sugars (g)	8.2g	1.4g
Sodium (mg)	969mg	162mg

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.

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1



Make the garlic rice

- Preheat oven to **220°C/200°C fan-forced**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** until fragrant, **1 minute**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

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

3



Cook the chicken

- Return frying pan to a medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** until golden, **2-3 minutes** each side (depending on thickness).
- Transfer to a lined oven tray and bake until cooked through, **12-14 minutes**.
- Meanwhile, add **mixed salad leaves** and **tomato** to the bowl with the corn. Season with **salt**. Drizzle with the **white wine vinegar** and **olive oil**. Toss to combine.

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

Custom Recipe: Cook chicken breast in batches and spread across two trays for the best results.

2



Get prepped

- Meanwhile, roughly chop **tomato**. Drain **sweetcorn**.
- In a medium bowl, combine **Mumbai spice blend**, a dollop of **Greek-style yoghurt**, a drizzle of **olive oil**, remaining **garlic paste** and a pinch of **salt** and **pepper**. Add **chicken breast**, tossing to coat. Set aside.
- Heat a large frying pan over high heat. Cook **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a bowl.

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

4



Serve up

- Slice Mumbai yoghurt chicken.
- Divide garlic rice and corn-tomato salad between plates. Top rice with chicken and remaining yoghurt.
- Sprinkle with **flaked almonds** to serve. Enjoy!

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