

Indian-Spiced Chicken & Chickpea Pancakes

with Yoghurt, Tamarind Chutney & Pickled Onion Salad

SKILL UP

NEW

Grab your meal kit with this number

42



Cucumber



Red Onion



Chicken Thigh



Chickpeas



Mumbai Spice Blend



Chilli Flakes (Optional)



Mixed Salad Leaves



Tamarind Chutney



Greek-Style Yoghurt



Pork Mince



Chicken Thigh

Prep in: 25-35 mins
Ready in: 40-50 mins

 Eat Me Early

Here to challenge your inner chefs, our new 'skill up' recipes will take you from zero to hero. Take your cooking to new heights with our version of the Indian 'Besan Chilla'. These savoury pancakes combine chickpeas, flour, water and a bit of spice, to make an Indian delicacy that is worth raving about. You'll want to make a midweek Mumbai dish every night!

Pantry items

Olive Oil, White Wine Vinegar, Plain Flour, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Food processor · Large frying pan · Medium frying pan

Ingredients

| | 2 People | 4 People |
|-----------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| cucumber | 1 | 2 |
| red onion | ½ | 1 |
| chicken thigh | 1 medium packet | 2 medium packets OR 1 large packet |
| chickpeas | 1 packet | 2 packets |
| Mumbai spice blend | 1 medium sachet | 1 large sachet |
| white wine vinegar* | 1 tbs | 2 tbs |
| chilli flakes (optional) | pinch | pinch |
| plain flour* | 1 cup | 2 cup |
| water* | 1½ cups | 3 cups |
| egg* | 1 | 2 |
| salt* | ¼ tsp | ½ tsp |
| mixed salad leaves | 1 medium packet | 1 large packet |
| tamarind chutney | 1 packet | 2 packets |
| Greek-style yoghurt | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 3237kJ (774cal) | 248kJ (59cal) |
| Protein (g) | 55.2g | 4.2g |
| Fat, total (g) | 23.8g | 1.8g |
| - saturated (g) | 6.3g | 0.5g |
| Carbohydrate (g) | 76.6g | 5.9g |
| - sugars (g) | 18.1g | 1.4g |
| Sodium (mg) | 1386mg | 106.3mg |
| Dietary Fibre (g) | 15.8g | 1.2g |

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.



Get prepped

- Thinly slice **cucumber** and **red onion** (**see ingredients**).
- Cut **chicken thigh** into 1 cm thick strips.
- Drain and rinse **chickpeas**.
- In a medium bowl, combine **Mumbai spice blend** (reserving a pinch for the pancakes), a drizzle of **olive oil** and a pinch of **salt**.
- Add **chicken** and toss to coat.



Cook the chickpea pancakes

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Pour ½ cup of **pancake batter** into the pan, swirling slightly with the back of a spoon to spread to 15cm in diameter and 1cm thick pancakes.
- Cook in batches, until golden, **2 minutes** each side.
- Transfer to a paper-towel lined plate and cover to keep warm (you should get 3-4 pancakes per person).

TIP: Add more olive oil between batches!



Pickle the veggies

- In a medium heatproof bowl, combine **onion**, the **white wine vinegar** and a good pinch of **sugar** and **salt**. Microwave **onion** for **30 second** bursts, until softened.
- Add **cucumber** and a pinch of **chilli flakes** (if using), tossing to coat. Set aside.



Cook the chicken

- Meanwhile, in a medium frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken strips** until browned and cooked through, **3-4 minutes** each side.

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



Prep the chickpea pancakes

- To a food processor, add **chickpeas**, the **plain flour**, **water**, **egg**, **salt** and the **reserved Mumbai spice blend**.
- Blitz until smooth.

TIP: If you don't have a food processor, use a blender or stick blender!



Serve up

- To bowl with pickled veggies, add **mixed salad leaves** and a drizzle of olive oil. Toss to coat and season to taste with salt and pepper.
- Divide chickpea pancakes between plates. Build pancakes by topping with pickled onion salad and Indian-spiced chicken.
- Drizzle over **tamarind chutney** and **Greek-style yoghurt** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



SWAP TO PORK MINCE

Cook, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

