

# Indian-Spiced Chicken & Chickpea Pancakes

with Yoghurt, Tamarind Chutney & Pickled Onion Salad

SKILL UP



Grab your meal kit with this number









Chicken Thigh



Chickpeas



Mumbai Spice







(Optional)

**Tamarind Chutney** 



Yoghurt





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



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

ingredients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
cucumber	1	2	
red onion	1/2	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*	1/4 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	

<sup>\*</sup>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.



## 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.



## 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!



# 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).



#### Cook the chicken

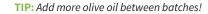
- Meanwhile, in a medium frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook chicken strips until browned and cooked through, 3-4 minutes each side.

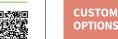
TIP: Chicken is cooked through when it is no longer pink inside.



#### 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!







#### SWAP TO PORK MINCE

