

Chicken Tikka & DIY Pineapple Chutney

with Basmati Rice & Cucumber Salad

SKILL UP

NEW

Grab your meal kit
with this number

42



Garlic



Brown Onion



Pineapple Slices



Tomato



Cucumber



Mumbai Spice
Blend



Greek-Style
Yoghurt



Chicken Thigh



Basmati Rice



Ginger Paste



Brown Mustard
Seeds




Greek-Style
Yoghurt



Chicken
Thigh

Prep in: **25-35 mins**
Ready in: **30-40 mins**

 Eat Me Early

Here to challenge your inner chefs, our new 'skill up' recipes will take you from zero to hero. Perfect a pineapple chutney from the comfort of your home, where the results pair perfectly with the yoghurt and Mumbai-spiced chicken tikka. You'll be on chutney duty all the time after you plate up this Indian delight!

Pantry items

Olive Oil, Butter, Brown Sugar, White Wine Vinegar

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	½	1
pineapple slices	1 tin	2 tins
tomato	1	2
cucumber	1	2
Mumbai spice blend	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
brown mustard seeds	1 sachet	2 sachets
brown sugar*	½ tbs	1 tbs
white wine vinegar*	1 tbs	2 tbs
water* (for the veggies)	¼ cup	½ cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3296kJ (788cal)	251kJ (60cal)
Protein (g)	40.9g	3.1g
Fat, total (g)	27.1g	2.1g
- saturated (g)	10.2g	0.8g
Carbohydrate (g)	93g	7.1g
- sugars (g)	30.1g	2.3g
Sodium (mg)	758mg	57.6mg
Dietary Fibre (g)	14g	1.1g

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



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic** and **brown onion** (see ingredients).
- Drain **pineapple slices** and finely chop.
- Roughly chop **tomato** and **cucumber**.
- In a medium bowl, combine **Mumbai spice blend**, **Greek-style yoghurt**, a good pinch of **salt** and a drizzle of **olive oil**. Add **chicken thigh** and toss to coat.



Make the chutney

- While the chicken is cooking, in a large frying pan, heat the **butter** and a drizzle of **olive oil** over high heat.
- Cook **pineapple** and **onion**, stirring, until tender and slightly charred, **3-5 minutes**.
- Reduce heat to medium, then add **ginger paste**, **brown mustard seeds**, the **brown sugar** and remaining **garlic** and cook, stirring, until fragrant and caramelised, **1-2 minutes**.
- Add the **white wine vinegar** and **water (for the veggies)**. Simmer, stirring, until reduced, **2-3 minutes**.



Cook the rice

- In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, **water (for the rice)**, 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 and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Toss the salad

- In a second medium bowl, combine **tomato**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste with **salt** and **pepper**.



Bake the chicken

- While the rice is cooking, place **chicken** on a lined oven tray and bake until cooked through, **14-16 minutes**.

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



Serve up

- Slice chicken.
- Divide basmati rice between bowls.
- Top with chicken tikka, cucumber salad and DIY pineapple chutney to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE GREEK-STYLE YOGHURT

Top chicken tikka with extra greek-style yoghurt to serve.



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.

