



Mumbai Coconut Chicken Soup

with Pre-Prepped Veggies & Lime

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Chicken Tenderloins



Lime



Green Veg Mix



Mild North Indian Spice Blend



Mumbai Spice Blend



Coconut Milk



Coriander



Chicken Tenderloins



Peeled Prawns

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

Carb Smart

Protein Rich

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.

Pantry items

Olive Oil

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

Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| chicken tenderloins | 1 medium packet | 2 medium packets OR 1 large packet |
| lime | ½ | 1 |
| green veg mix | 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* | ¾ cup | 2½ cups |
| coriander | 1 packet | 1 packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2795kJ (668cal) | 219kJ (52cal) |
| Protein (g) | 83.9g | 6.6g |
| Fat, total (g) | 29.7g | 2.3g |
| - saturated (g) | 18g | 1.4g |
| Carbohydrate (g) | 14.6g | 1.1g |
| - sugars (g) | 7.7g | 0.6g |
| Sodium (mg) | 1344mg | 105.2mg |
| Dietary Fibre (g) | 8.4g | 0.7g |

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.

1



Cook the chicken

- Cut **chicken tenderloins** into 2cm chunks.
- Slice **lime** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **chicken tenderloins** until browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a bowl.

3



Make the soup

- Reduce heat to medium, then add **Mild North Indian spice blend** and **Mumbai spice blend** and cook until fragrant, **1 minute**.
- Add **coconut milk**, the **water** and return the **chicken** to the pan and cook, stirring, until slightly thickened, **2-3 minutes**.
- Season to taste with **salt** and **pepper**.

2



Cook the veggies

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **green veg mix**, tossing, until just softened, **3-4 minutes**.

TIP: Add a dash of water to the veggies to help speed up the cooking process.

4



Serve up

- Divide the Mumbai coconut chicken soup between bowls.
- Tear over **coriander** and serve with lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS



DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



SWAP TO PEELED PRAWNS

Bring soup to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes.

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

