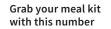


# Mumbai Coconut Chicken Soup

with Pre-Prepped Veggies & Lime

CLIMATE SUPERSTAR









Chicken Tenderloins





Green Veg

Indian Spice Blend



Mumbai Spice



Coconut Milk

Blend





Coriander



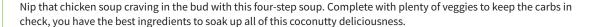


Prep in: 15-25 mins Ready in: 15-25 mins

Eat Me Early







#### 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	1/2	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*	3/4 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.



#### Cook the chicken

- Cut chicken tenderloins into 2m 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.



## 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.



### 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.



## Serve up

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





## DOUBLE CHICKEN TENDERLOINS SWAP TO PEELED PRAWNS

