

Spiced Chicken & Bombay Potatoes

with Tomato Salad & Garlic Sauce

HELLOHERO

Grab your meal kit with this number

24



Chopped Potato



Brown Onion



Garlic



Tomato



Carrot



Mumbai Spice Blend



Chicken Thigh



Brown Mustard Seeds



Mixed Salad Leaves



Garlic Sauce



Chicken Breast



Chicken Thigh

Prep in: 15-25 mins
Ready in: 30-40 mins



Carb Smart



Eat Me Early



Protein Rich

We can't work out which bit we like best here: the pop of brown mustard seeds on the potatoes and onion, the gentle warmth of the spiced chicken or the creamy garlic sauce. Dig in and decide!

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped potato	1 medium packet	1 large packet
brown onion	½	1
garlic	2 cloves	4 cloves
tomato	1	2
carrot	1	2
Mumbai spice blend	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
brown mustard seeds	1 sachet	2 sachets
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic sauce	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2156kJ (515cal)	171kJ (41cal)
Protein (g)	38.9g	3.1g
Fat, total (g)	22.3g	1.8g
- saturated (g)	4g	0.3g
Carbohydrate (g)	37.2g	2.9g
- sugars (g)	9.4g	0.7g
Sodium (mg)	812mg	64.3mg
Dietary Fibre (g)	8g	0.6g

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



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Place **chopped potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the potato between two trays.

3



Cook the chicken

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken thigh**, turning occasionally, until browned and cooked through, **10-14 minutes**.

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

2



Get prepped and cook the onion

- Meanwhile, thinly slice **brown onion** (see ingredients). Finely chop **garlic**. Roughly chop **tomato**. Grate **carrot**.
- In a medium bowl, combine **Mumbai spice blend**, a splash of **water** and a drizzle of **olive oil**. Add **chicken thigh**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** with a pinch of **salt** and **pepper**, stirring occasionally, until softened, **4-5 minutes**.
- Add **garlic** and **brown mustard seeds** and cook until fragrant, **1 minute**. Transfer to a large bowl.

4



Serve up

- Meanwhile, in a second large bowl, combine carrot, tomato, **mixed salad leaves**, a drizzle of olive oil and **white wine vinegar**. Season to taste.
- To the bowl with the onion, add potato and toss to combine.
- Slice spiced chicken.
- Divide chicken, bombay potatoes and tomato salad between plates.
- Drizzle **garlic sauce** over chicken to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



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.

