



Mild North Indian Chicken & Bombay Potatoes

with Cucumber Raita & Tomato Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Brown Mustard Seeds



Cucumber



Tomato



Mild North Indian Spice Blend



Mixed Salad Leaves



Flaked Almonds



Greek-Style Yoghurt



Chicken Breast



Beef Rump

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Carb Smart

We can't work out which is best: the pop of brown mustard seeds on the roasted potatoes, the gentle warmth of the North Indian spiced chicken or the burst and crunch of the tomato salad. You decide!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown mustard seeds	1 sachet	2 sachets
cucumber	1	2
tomato	1	2
Greek-style yoghurt	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
chicken breast	1 small packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
salt*	¼ tsp	½ tsp
mixed salad leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1695kJ (405Cal)	304kJ (73Cal)
Protein (g)	43g	7.7g
Fat, total (g)	10.8g	1.9g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	31.7g	5.7g
- sugars (g)	11.8g	2.1g
Sodium (mg)	314mg	56mg
Dietary Fibre (g)	7.7g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1609kJ (385Cal)	296kJ (71Cal)
Protein (g)	40.3g	7.4g
Fat, total (g)	9.8g	1.8g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	31.7g	5.8g
- sugars (g)	11.8g	2.2g
Sodium (mg)	301mg	55mg
Dietary Fibre (g)	7.5g	1.4g

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



1



Bake the potatoes

- Preheat the oven to **220°C/200°C fan-forced**. Cut **potato** into bite-sized chunks.
- Spread **potato** over a lined oven tray. Sprinkle over **brown mustard seeds**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Toss to coat, then bake until tender, **25-30 minutes**.

4



Cook the chicken

- In a medium bowl, combine **chicken breast**, **mild North Indian spice blend**, the **salt**, a pinch of **pepper** and a drizzle of **olive oil**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Add **chicken** and cook until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and bake until cooked through, **8-12 minutes**.

TIP: Chicken is cooked through when it is no longer pink in the middle.

Custom Recipe: Combine beef rump with spice blend as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook the beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

2



Get prepped

- Meanwhile, finely chop **cucumber**. Roughly chop **tomato**.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened (this ensures it's nice and tender!).

5



Toss the salad

- While the chicken is in the oven, place **tomato** and **mixed salad leaves** in a bowl.
- Just before serving, add a drizzle of **white wine vinegar** and a drizzle of **olive oil**. Toss to combine and season to taste with **salt** and **pepper**.

TIP: Tossing the salad just before serving keeps the leaves crisp!

3



Make the raita

- In a small bowl, place **Greek-style yoghurt**, **cucumber** and a drizzle of **white wine vinegar** and stir to combine. Season to taste with **salt** and **pepper**.

6



Serve up

- Slice the Indian chicken.
- Divide the chicken, Bombay potatoes and tomato salad between plates.
- Top the chicken with a dollop of raita. Garnish with **flaked almonds**. Enjoy!

Custom Recipe: Slice beef to serve.

Rate your recipe

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