



# Mumbai Chicken Rissoles & Brown Rice

with Cucumber Salad & Mint Yoghurt

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Brown Rice



Brown Mustard Seeds



Fine Breadcrumbs



Cucumber



Tomato



Mint



Mumbai Spice Blend



Tomato Paste



Mixed Salad Leaves



Garlic Paste



Chicken Mince



Greek-Style Yoghurt



Beef Mince

Prep in: 25-35 mins  
Ready in: 35-45 mins



Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*



Eat Me Early

You're going to love this saucy number! Chicken meatballs are simmered in a creamy Mumbai-spiced sauce, then served with brown rice and zingy cucumber for added flavour and texture. Don't forget the dollop of cooling mint yoghurt on top!

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

## Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic), Brown Sugar

## 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

Large frying pan · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown rice	1 medium packet	1 large packet
brown mustard seeds	1 sachet	1 sachet
garlic paste	1 medium packet	2 medium packets
chicken mince	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
cucumber	1	2
tomato	1	2
mint	1 bag	1 bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
<b>water*</b>	1/3 cup	2/3 cup
<b>brown sugar*</b>	pinch	pinch
mixed salad leaves	1 small bag	1 medium bag
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2376kJ (568Cal)	510kJ (122Cal)
Protein (g)	43.8g	9.4g
Fat, total (g)	11.3g	2.4g
- saturated (g)	3g	0.6g
Carbohydrate (g)	68.9g	14.8g
- sugars (g)	12.6g	2.7g
Sodium (mg)	818mg	176mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2774kJ (663Cal)	596kJ (142Cal)
Protein (g)	43.4g	9.3g
Fat, total (g)	22.1g	4.7g
- saturated (g)	8g	1.7g
Carbohydrate (g)	68.9g	14.8g
- sugars (g)	12.6g	2.7g
Sodium (mg)	842mg	181mg

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](https://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



## Cook the brown rice

- Half-fill a medium saucepan with **water**. Add **brown rice** and a generous pinch of **salt**. Bring to a boil over high heat and cook, uncovered, until tender, **25-30 minutes**. Drain **rice** and set aside.
- Add a dash of **olive oil** over medium heat, add **brown mustard seeds** and 1/2 the **garlic paste** and cook until fragrant, **1 minute**. Return **rice** to the saucepan, stir to combine. Remove from heat.
- Meanwhile, in a medium bowl combine **chicken mince**, **fine breadcrumbs** and a good pinch of **salt** and **pepper** in a medium bowl. Set aside to rest, **5 minutes**.

**TIP:** Letting the mixture rest helps the rissoles hold their shape while cooking.

4



## Cook the rissoles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **rissoles**, turning, until browned and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate.

**TIP:** The rissoles will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** Cook beef meatballs in the same way as above.

2



## Make the mini rissoles

- Using damp hands, roll heaped spoonfuls of **chicken mixture** into small meatballs (4-5 per person), then flatten to make 2cm-thick rissoles. Transfer to a plate.

**Custom Recipe:** If you've swapped to beef mince, prep beef mince in the same way as above.

5



## Make it saucy

- Wipe out frying pan and return to a medium-low heat with a drizzle of **olive oil**. Add **Mumbai spice blend**, **tomato paste** and remaining **garlic paste** and cook until fragrant, **1 minute**.
- Stir in the **water** and a pinch of **brown sugar**. Remove from heat. Stir through remaining **yoghurt** and **cooked rissoles**. Season to taste.

3



## Get prepped

- Roughly chop **cucumber**, **tomato** and **mint leaves**.
- In a medium bowl combine **cucumber**, **tomato** and **mixed salad leaves**. Drizzle with the **vinegar** and **olive oil**. Season to taste.
- In a small bowl, combine 1/2 the **Greek-style yoghurt** (reserve a dollop for the sauce!) and **mint**.

6



## Serve up

- Divide brown rice between bowls. Top with Mumbai chicken rissoles, spooning over sauce from the pan.
- Serve with cucumber salad and mint yoghurt. Enjoy!

## Rate your recipe

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