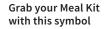


Mumbai Chicken Rissoles & Brown Rice

with Cucumber Salad & Mint Yoghurt

DIETITIAN APPROVED









Brown Mustard



Fine Breadcrumbs

Cucumber







Mumbai Spice



Tomato Paste



Mixed Salad



Garlic Paste

Leaves





Chicken Mince





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

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!

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

 $Large\ frying\ pan\cdot Medium\ saucepan$

Ingredients

ingi edients			
	2 People	4 People	
olive oil*	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	
egg*	1	2	
cucumber	1	2	
tomato	1	2	
mint	1 bag	1 bag	
vinegar* (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	
water*	⅓ cup	⅔ cup	
brown sugar*	pinch	pinch	
mixed salad leaves	1 small bag	1 medium bag	
beef mince**	1 small packet	1 medium packet	
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*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty

Energy (kJ)

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)
Energy (kJ) Protein (g)	2774kJ (663Cal) 43.4g	596kJ (142Cal) 9.3g
0,	. ,	. ,
Protein (g)	43.4g	9.3g
Protein (g) Fat, total (g)	43.4g 22.1g	9.3g 4.7g
Protein (g) Fat, total (g) - saturated (g)	43.4g 22.1g 8g	9.3g 4.7g 1.7g
Protein (g) Fat, total (g) - saturated (g) Carbohydrate (g)	43.4g 22.1g 8g 68.9g	9.3g 4.7g 1.7g 14.8g

Per Serving

2376kJ (568Cal)

Per 100a

510kJ (122Cal)

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.

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Scan here if you have any questions or concerns





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.



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.



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.



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.



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.



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!

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