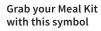


Mumbai Crumbed Chicken & Mild Coconut Sauce

with Basmati Rice & Fresh Tomato Salad





Olive Oil, Butter, Egg, White Wine Vinegar, Brown Sugar

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

1 Eat Me Early

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

this dish comes with a saucy curry paste that perfectly douses the chicken and rice!

Mumbai spice blend is the star of the show and takes your basic crumbed chicken up a notch. The flavour doesn't end there,

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with lid \cdot Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
butter*	20g	40g	
basmati rice	1 medium packet	1 large packet	
water*	1½ cups	3 cups	
chicken breast	1 small packet	1 large packet	
Mumbai spice blend	1 medium sachet	1 large sachet	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
tomato	1	2	
baby spinach leaves	1 small bag	1 medium bag	
carrot	1	2	
white wine vinegar*	drizzle	drizzle	
tomato paste	1 packet	1 packet	
mild curry paste	1 medium packet	1 large packet	
coconut milk	1 medium tin	2 medium tins	
brown sugar*	½ tsp	1 tsp	
haloumi**	1 packet	2 packets	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3463kJ (828Cal)	559kJ (134Cal)
Protein (g)	50.3g	8.1g
Fat, total (g)	35.1g	5.7g
- saturated (g)	22.6g	3.7g
Carbohydrate (g)	102.3g	16.5g
- sugars (g)	17.9g	2.9g
Sodium (mg)	1892mg	306mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3855kJ (921Cal)	709kJ (169Cal)
Protein (g)	34.2g	6.3g
Fat, total (g)	52.6g	9.7g
- saturated (g)	35.4g	6.5g
Carbohydrate (g)	103.5g	19g
- sugars (g)	18.9g	3.5g
Sodium (mg)	2839mg	522mg

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

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Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

Custom Recipe: If you've swapped to haloumi, place haloumi in a medium bowl, and cover with water. Set aside.



Prep the crumbed chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, place Mumbai spice blend. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Dip chicken into spice blend, followed by the egg, and finally into panko breadcrumbs. Set aside on a plate.

Custom Recipe: Drain haloumi and pat dry. Cut haloumi into 1cm-thick slices. Crumb haloumi as above, then set aside on a plate.



Cook the crumbed chicken

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- Cook **crumbed chicken** in batches until golden and cooked through (when no longer pink inside), **3-5 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the crumbed chicken doesn't stick to the pan!

Custom Recipe: Heat pan as above. Cook haloumi until golden brown, 2 minutes each side. Set aside on a paper towel-lined plate.

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Make the salad

- Meanwhile, roughly chop tomato and baby spinach leaves. Grate carrot.
- In a medium bowl, combine a drizzle of the white wine vinegar and olive oil. Season with salt and pepper.
- Just before serving, add spinach, tomato and carrot, tossing to combine.

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



Make the coconut sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook tomato paste and mild curry paste, until fragrant, 1 minute.
- Stir in coconut milk, the brown sugar and a splash of water, until slightly reduced,
 2-3 minutes. Season to taste.



Serve up

- Slice chicken.
- Divide rice and salad between bowls. Top with Mumbai crumbed chicken.
- Spoon over mild coconut sauce. Enjoy!

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