



Mumbai Crumbed Chicken & Mild Coconut Sauce

with Basmati Rice & Fresh Tomato Salad

NEW

Grab your Meal Kit with this symbol



Basmati Rice



Chicken Breast



Mumbai Spice Blend



Panko Breadcrumbs



Tomato



Baby Spinach Leaves



Carrot



Tomato Paste



Mild Curry Paste



Coconut Milk



Haloumi

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

Eat Me Early

Mumbai spice blend is the star of the show and takes your basic crumbed chicken up a notch. The flavour doesn't end there, this dish comes with a saucy curry paste that perfectly douses the chicken and rice!

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

Pantry items

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

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 · 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.

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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.



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!



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.



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.



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.



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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