

Indian Chicken Steaks

with Spiced Potatoes & Cherry Tomato Salad

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Carrot



Cherry Tomatoes



Baby Spinach & Cos Lettuce Mix



Mint



Chicken Breast



Mild North Indian Spice Blend



Brown Mustard Seeds



Garlic Sauce

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Calorie Smart

We can't work out which is best in this nutritionally balanced meal: the pop of brown mustard seeds on the roasted potato and fried onion, the gentle warmth of the spiced chicken or the burst of sweetness from the cherry tomatoes in the salad. You decide!

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
cherry tomatoes	1 punnet	2 punnets
baby spinach & cos lettuce mix	1 bag (60g)	1 bag (120g)
mint	1 bunch	1 bunch
white wine vinegar*	drizzle	drizzle
chicken breast	1 small packet	1 large packet
mild North Indian spice blend	1 sachet	2 sachets
brown mustard seeds	1 packet	2 packets
garlic sauce	1 medium sachet (50g)	1 large packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2233kJ (533Cal)	315kJ (75Cal)
Protein (g)	46.3g	6.5g
Fat, total (g)	16g	2.3g
- saturated (g)	2.2g	0.3g
Carbohydrate (g)	45.9g	6.5g
- sugars (g)	18.4g	2.6g
Sodium (mg)	349mg	49mg

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.



Roast the potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into bite-sized chunks. Place on a lined oven tray. Season with **salt** and **pepper** and drizzle with **olive oil**. Toss to coat, then roast until tender, **25-30 minutes**.



Get prepped

While the potato is roasting, thinly slice the **brown onion**. Finely chop the **garlic**. Grate the **carrot**. Halve the **cherry tomatoes**. Pick the **mint** leaves and finely chop. Place your hand flat on top of the **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** to a bowl with the **Mild North Indian spice blend** and a splash of **water**. Season and drizzle with **olive oil**. Toss to coat.



Cook the onion

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion**, **brown mustard seeds** and a pinch of **salt** and **pepper**. Cook, stirring occasionally, until softened, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a medium bowl.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: *The chicken is cooked through when it's no longer pink inside.*



Prep the salad

In a large bowl, add the **carrot**, **cherry tomatoes**, **baby spinach & cos lettuce mix** and **mint**. Just before serving, drizzle with olive oil and white wine vinegar and toss to coat. Season.



Serve up

Transfer the potatoes to the bowl with the onion and mustard seeds and toss to combine. Season to taste with salt. Slice the chicken steaks. Divide the Indian chicken between plates. Spoon over the **garlic sauce**. Serve with the spiced potatoes and cherry tomato salad.

Enjoy!