

with Mixed Greens & Yoghurt

NEW













Chicken-Style Stock Powder





Jasmine Rice

Diced Chicken





Mixed Salad



Chilli Flakes (Optional)









Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early



Calorie Smart



Protein Rich

Spice up tonight's dinner with Mumbai fried chicken - it's crispy, golden, and bursting with bold flavours! If that's not enough to tempt you, the fluffy coconut rice, golden and fragrant, is sure to tip you over the edge. Every bite is another step towards a culinary escape!

Pantry items

Olive Oil, Plain Flour, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 a lid · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
coconut milk	1 medium packet	2 medium packets	
curry powder	1 sachet	2 sachets	
chicken-style stock powder	1 medium sachet	1 large sachet	
water*	¾ cup	1½ cups	
jasmine rice	1 medium packet	1 large packet	
diced chicken	1 medium packet	2 medium packets OR 1 large packet	
Mumbai spice blend	1 medium sachet	2 medium sachets	
cornflour	1 packet	2 packets	
plain flour*	1 tbs	2 tbs	
mixed salad leaves	1 medium packet	1 large packet	
chilli flakes (optional) 🌶	pinch	pinch	
white wine vinegar*	drizzle	drizzle	
Greek-style yoghurt	1 medium packet	1 large packet	
mint	½ packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2585kJ (618cal)	304kJ (73cal)
Protein (g)	44.8g	5.3g
Fat, total (g)	24.4g	2.9g
- saturated (g)	16.3g	1.9g
Carbohydrate (g)	80.7g	9.5g
- sugars (g)	5.7g	0.7g
Sodium (mg)	882mg	103.7mg
Dietary Fibre (g)	5.4g	0.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

- To a medium saucepan, add coconut milk, curry powder, chicken-style stock powder and the water, then bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 15 minutes, then remove the pan from 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!



Get prepped

- Meanwhile, using paper towel, pat diced chicken dry.
- In a medium bowl, combine chicken, Mumbai spice blend and the olive oil (½ tbs 2 people / 1 tbs 4 people). Set aside.



Cook the chicken

- To the chicken mixture, add **cornflour** and the **plain flour** and toss to coat.
- Heat a large frying pan over high heat with enough olive oil to coat the base.
- When oil is hot, dust off any excess **flour** from **chicken** and cook, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a paper towel-lined plate. Season with **salt**.



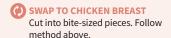
Serve up

- In a second medium bowl, combine **mixed salad leaves**, a pinch of **chilli flakes** (if using) and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- · Divide golden coconut rice between bowls.
- Top with Mumbai chicken and mixed greens. Drizzle over Greek-style yoghurt and tear over mint (see ingredients) to serve.









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

