



Mumbai Chicken & Golden Coconut Rice

with Mixed Greens & Yoghurt

NEW

Grab your meal kit with this number

11



Coconut Milk



Curry Powder



Chicken-Style Stock Powder



Jasmine Rice



Diced Chicken



Mumbai Spice Blend



Cornflour



Mixed Salad Leaves



Chilli Flakes (Optional)



Greek-Style Yoghurt



Mint



Chicken Thigh



Chicken Breast

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

Calorie Smart

Protein Rich

Eat Me Early

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

	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



1



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!

3



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**.

2



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.

4



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.

CUSTOM
OPTIONS



SWAP TO CHICKEN THIGH

Cut into bite-sized pieces. Follow method above.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Follow method above.

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

