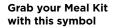
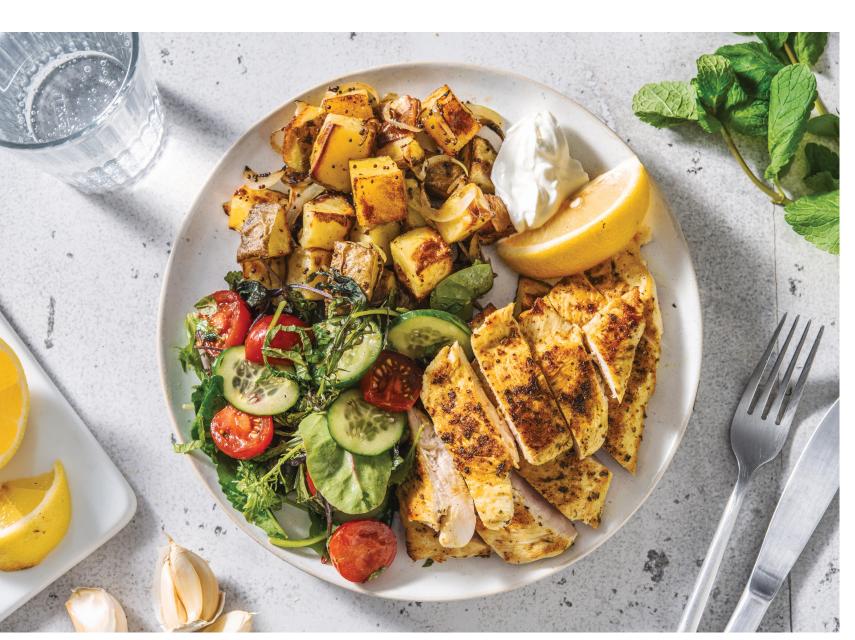


# **Indian Chicken & Spiced Potatoes**

with Garden Salad













Potato











**Cherry Tomatoes** 





Lemon

**Chicken Breast** 



**Mumbai Spice** 



**Brown Mustard** Blend Seeds



**Mixed Salad** Leaves



**Greek Yoghurt** 

Pantry items Olive Oil

Hands-on: 30-40 mins Ready in: 35-45 mins Naturally gluten-free

Not suitable for Coeliacs



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!

## **Before vou 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

Two oven trays 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
cucumber	1	2
cherry tomatoes	1 punnet	2 punnets
mint	1 bunch	1 bunch
lemon	1/2	1
chicken breast	1 small packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
brown mustard seeds	1 sachet	2 sachets
mixed salad leaves	<b>1 bag</b> (60g)	1 bag (120g)
Greek yoghurt	1 packet (100g)	<b>1 packet</b> (200g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g	
Energy (kJ)	2239kJ (535Cal)	295kJ (70Cal)	
Protein (g)	43.9g	5.8g	
Fat, total (g)	18.1g	2.4g	
- saturated (g)	5g	0.7g	
Carbohydrate (g)	42.8g	5.6g	
- sugars (g)	16.3g	2.1g	
Sodium (mg)	418mg	55mg	

#### **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.



# 1. Roast the potato

Preheat the oven to 240°C/220°C fan-forced. Cut the **potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper. Season with salt and pepper and drizzle with olive oil. Toss to coat, then roast until tender, 20-25 minutes.



## 2. Get prepped

While the potato is roasting, thinly slice the **brown** onion. Finely chop the garlic (or use a garlic press). Thinly slice the **cucumber**. Halve the **cherry** tomatoes. Pick and finely chop the mint leaves. Slice the **lemon (see ingredients list)** into wedges. Place your hand flat on top of each chicken breast and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the Mumbai spice blend, a splash of water and a generous pinch of salt and pepper. Add a drizzle of olive oil and the chicken, then toss to coat.



### 3. Cook the onions

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, until softened, **4-5 minutes**. Add the garlic and cook until fragrant, 1 minute. Transfer to a large bowl and set aside.



## 4. 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). Remove from the heat.

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



# 5. Prep the salad

In a large bowl, combine the cucumber, cherry tomatoes, mixed salad leaves and mint. Just before serving, drizzle with olive oil and a **squeeze** of **lemon juice** and toss to coat. Season to taste. Transfer the **potato** to the bowl with the onion and mustard seeds and toss to combine. Season to taste with salt.



# 6. Serve up

Thickly slice the Indian chicken. Divide the chicken, spiced potatoes and garden salad between plates. Serve with the **Greek yoghurt** and any remaining lemon wedges.

**Enjoy!**