



Indian Chicken & Spiced Potatoes

with Garden Salad

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Cucumber



Cherry Tomatoes



Mint



Lemon



Chicken Breast



Mumbai Spice Blend



Brown Mustard Seeds



Mixed Salad Leaves



Greek Yoghurt

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Calorie Smart
 Eat me early

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

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

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	½	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	1 bag (60g)	1 bag (120g)
Greek yoghurt	1 packet (100g)	1 packet (200g)

*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](https://www.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!