



# Quick Bengal Coconut Chicken

with Basmati-Spinach Toss



Basmati Rice



Chicken-Style Stock Powder



Baby Spinach Leaves



Mumbai Spice Blend



Chicken Drumstick Fillet



Tomato



Cucumber



Bengal Curry Paste



Coconut Milk



Crushed Peanuts



Chicken Drumstick Fillet



Hands-on: **15-25 mins**  
Ready in: **25-35 mins**



Naturally Gluten-Free  
*Not suitable for coeliacs*



Eat Me Early

This delicious Indian-inspired dish might sound complicated, but thanks to our Mumbai spice blend and Bengal curry paste, it's surprisingly simple. Enjoy!



**CUSTOM RECIPE**

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil, Butter, 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
Mumbai spice blend	1 sachet	2 sachets
chicken drumstick fillet	1 small packet	1 large packet
tomato	1	2
cucumber	1	2
Bengal curry paste	½ packet	1 packet
coconut milk	1 medium tin	1 large tin
butter*	20g	40g
white wine vinegar*	drizzle	drizzle
crushed peanuts	1 medium packet	1 large packet
chicken drumstick fillet**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3425kJ (819Cal)	661kJ (158Cal)
Protein (g)	40.6g	7.8g
Fat, total (g)	38.3g	7.4g
- saturated (g)	21.7g	4.2g
Carbohydrate (g)	74g	14.3g
- sugars (g)	8.4g	14.3g
Sodium (mg)	1554mg	300mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3425kJ (818Cal)	661kJ (157Cal)
Protein (g)	40.6g	7.8g
Fat, total (g)	38.3g	7.4g
- saturated (g)	21.7g	4.2g
Carbohydrate (g)	74g	14.3g
- sugars (g)	8.4g	1.6g
Sodium (mg)	1554mg	300mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Make the rice

- Boil the kettle.
- Half-fill a medium saucepan with the **boiling water**. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain the **rice** and return to saucepan. Add **chicken-style stock powder** and **baby spinach leaves**. Stir to combine. Cover and set aside.
- In a medium bowl, combine **Mumbai spice blend** with a splash of **water**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken drumstick fillets**, turning to coat.

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## Make the Bengal sauce

- When chicken has **5 minutes** remaining, reduce heat to low, then add **Bengal curry paste** (see ingredients). Cook, stirring, until fragrant, **1 minute**.
- Add **coconut milk** and **butter** and simmer, stirring, until thickened slightly, **1-2 minutes**.
- Remove from heat. Season to taste.

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## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add **chicken drumstick fillet** and cook, turning occasionally, until browned and cooked through, **10-14 minutes**.
- Meanwhile, roughly chop **tomato** and **cucumber**. Transfer to a medium bowl.

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

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

## CUSTOM RECIPE

If you doubled your chicken, make sure to cook it in batches for the best results!

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## Serve up

- Drizzle tomato and cucumber with **white wine vinegar**. Toss to coat. Season to taste.
- Divide basmati-spinach toss between bowls. Top with Bengal coconut chicken. Pour over any remaining sauce from pan.
- Top with **crushed peanuts**. Serve with tomato and cucumber salad.

## Enjoy!