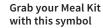
Quick Mumbai Yoghurt Chicken with Corn-Cucumber Salad & Cashews

















Cucumber





Mumbai Spice



Blend





Mixed Leaves

Chicken Thigh



Roasted Cashews

Pantry items

Olive Oil, Butter, White Wine Vinegar



Not suitable for coeliacs



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
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
cucumber	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
Mumbai spice blend	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
chicken thigh	1 small packet	1 large packet
mixed leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
roasted cashews	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3079kJ (736Cal)	662kJ (158Cal)
Protein (g)	46.5g	10g
Fat, total (g)	25.6g	5.5g
- saturated (g)	10.2g	2.2g
Carbohydrate (g)	76.2g	16.4g
- sugars (g)	10.2g	2.2g
Sodium (mg)	555mg	119mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the garlic rice

- Finely chop garlic.
- In a medium saucepan, melt the butter with a dash of olive oil over medium heat. Cook ½ the garlic until fragrant, 1-2 minutes.
- Add basmati rice, the water and a generous pinch of salt. Stir, then bring to boil. Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove from heat. Keep covered until rice is tender and water is absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the chicken & toss the salad

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken, turning occasionally, until browned and cooked through, 10-14 minutes.
- Meanwhile, add mixed leaves and cucumber to the bowl with the corn.
 Season with salt. Drizzle with white wine vinegar and olive oil. Toss to combine.

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

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



Get prepped

- While rice is cooking, thinly slice cucumber into half-moons. Drain sweetcorn.
- In a medium bowl, combine Mumbai spice blend, a dollop of Greek-style yoghurt, a drizzle of olive oil, a pinch of salt and pepper and the remaining garlic. Add chicken thigh, tossing to coat. Set aside.
- Heat a large frying pan over high heat. Cook corn kernels until lightly browned, 4-5 mins. Transfer to a bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

- · Slice Mumbai yoghurt chicken.
- Divide chicken, garlic rice and corn-cucumber salad between plates.
- Dollop over remaining yoghurt. Sprinkle with roasted cashews to serve.

Enjoy!

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