

Quick Mumbai Yoghurt Chicken

with Corn-Cucumber Salad & Cashews

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cucumber



Sweetcorn



Mumbai Spice Blend



Greek-Style Yoghurt



Chicken Thigh



Mixed Leaves



Roasted Cashews

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early

Spike tangy yoghurt with our Mumbai spice blend, and meet your new go-to marinade for chicken thigh - which gets all lovely and charred in the pan. Serve over rice, and with a refreshing salad for added texture.

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
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.

1



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!

3



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.

2



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.

4



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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