



Quick Mumbai Yoghurt Chicken

with Corn-Cucumber Salad & Cashews

Grab your Meal Kit with this symbol



Basmati Rice



Cucumber



Sweetcorn



Mumbai Spice Blend



Mixed Salad Leaves



Roasted Cashews



Garlic Paste



Greek-Style Yoghurt



Chicken Thigh



Chicken Breast

Prep in: **20-30 mins**
Ready in: **25-35 mins**

Naturally Gluten-Free
Not suitable for coeliacs

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 fluffy garlic rice, and with a refreshing salad for added texture.

Eat Me Early

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
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water*	1 ½ 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 salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
roasted cashews	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3134kJ (749Cal)	659kJ (158Cal)
Protein (g)	46.5g	9.8g
Fat, total (g)	27.4g	5.8g
- saturated (g)	10.1g	2.1g
Carbohydrate (g)	75.6g	15.9g
- sugars (g)	9.5g	2g
Sodium (mg)	949mg	199mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3103kJ (742Cal)	652kJ (156Cal)
Protein (g)	47.3g	9.9g
Fat, total (g)	26.1g	5.5g
- saturated (g)	9.7g	2g
Carbohydrate (g)	75.6g	15.9g
- sugars (g)	9.5g	2g
Sodium (mg)	946mg	199mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW33



1



Make the garlic rice

- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic paste** until fragrant, **1 minute**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove pan 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 (when no longer pink inside), **10-14 minutes**.
- Meanwhile, add **mixed salad 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!

Custom Recipe: Prepare pan as above. Cook chicken until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).

2



Get prepped & char the corn

- Meanwhile, thinly slice **cucumber** into half-moons. Drain the **sweetcorn**.
- In a medium bowl, combine **Mumbai spice blend**, a dollop of **Greek-style yoghurt**, a drizzle of **olive oil**, remaining **garlic paste** and a pinch of **salt** and **pepper**. 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.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each breast. Slice through horizontally to make 2 thin steaks. Add to the bowl with spiced yoghurt, turning to coat. Continue with the step.

4



Serve up

- Slice Mumbai yoghurt chicken.
- Divide garlic rice and corn-cucumber salad between plates. Top rice with chicken and remaining yoghurt.
- Sprinkle with **roasted cashews** to serve. Enjoy!

Rate your recipe

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