



Mango Chutney Glazed Spiced Chicken Breast

with Cumin Bulgur Wheat and Roasted Carrots

CLASSIC 30 Minutes • Medium Heat • 1.5 of your 5 a day

N° 1



-  Red Onion
-  Carrot
-  Natural Yoghurt
-  Mint
-  Garlic Clove
-  Ground Cumin
-  Chicken Stock Powder
-  Bulgur Wheat
-  Pasanda Spice
-  Chicken Breast Skin On
-  Mango Chutney

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Saucepan, Baking Tray, Mixing Bowl, Fine Grater (or Garlic Press), Measuring Jug, Frying Pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Carrot**	2	3	4
Natural Yoghurt 7)**	75g	100g	150g
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Ground Cumin	1 small pot	1 large pot	1 large pot
Water for the Bulgur Wheat*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Pasanda Spice	1 small pot	¾ large pot	1 large pot
Oil for the Chicken*	2 tbsp	3 tbsp	4 tbsp
Chicken Breast Skin On**	2	3	4
Mango Chutney	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	480g	100g
Energy (kJ/kcal)	2937 / 702	612 / 146
Fat (g)	24	5
Sat. Fat (g)	6	1
Carbohydrate (g)	77	16
Sugars (g)	27	6
Protein (g)	45	9
Salt (g)	1.47	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Cook the Onion

Preheat your oven to 180°C. Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a saucepan on medium-high heat, add a knob of **butter** too (if you have some). Add the **onion**, cook until really soft, 8-10 mins. Stir regularly. Meanwhile, trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop the **carrots** on a baking tray, drizzle with **oil**. Season with **salt** and **pepper**, set aside.



4. Coat the Chicken

Heat a frying pan on medium-high heat (no oil). Put the **pasanda spice** in a bowl and add the **oil** (see ingredients for amount). Season with **salt** and **pepper**. Add the **chicken** to the bowl and use your hands to coat the **chicken** in the **spice**. **IMPORTANT: Wash your hands after handling raw meat.**



2. Finish the Prep

Put the **yoghurt** in a bowl and season with **salt** and **pepper**. Pull the **mint leaves** from their stalks and finely chop (discard the stalks). Peel the **garlic cloves**. Put one of the **cloves** in a piece of kitchen foil, scrunch to enclose it. Grate the rest of the **garlic** (or use a garlic press). Roast the **carrots** on the top shelf of your oven until golden and tender, 20-25 mins. Halfway through cooking, turn the **carrots** and add the **garlic** to the tray for the final 10-12 mins.



5. Cook the Chicken

Once the pan is hot, lay the **chicken** in the pan skin-side down and fry until golden brown, 4-5 mins. Turn the **chicken** and cook for another 3-4 mins. Continue cooking until the **chicken** is golden and cooked through, another 8-10 mins. Turn every 2-3 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Once cooked, remove from the heat and add the **mango chutney** to the pan. Turn to coat the **chicken** in the **chutney**. Set the pan aside.



3. Cook the Bulgur

Add the **grated garlic** to the softened **onion** along with the **ground cumin**, stir and cook for 1 minute. Pour the **water** for the bulgur wheat (see ingredients for amount) into the saucepan with the **onion**, bring to the boil. Stir in the **chicken stock powder** and **bulgur wheat**, bring back up to the boil and simmer for 1 minute, pop a lid on the pan and remove from the heat. Leave for 12-15 mins or until ready to serve.



6. Finish and Serve

Once cooked, remove the **carrots** from the oven. Carefully remove the **garlic** from the parcel, roughly chop or mash with a fork. Stir the **roasted garlic** into the **yoghurt**. Stir **half** the **mint** into the **bulgur wheat** and season to taste with **salt** and **pepper**. Thinly slice the **chicken** on a board. Spoon the **bulgur wheat** into bowls. Top with the **chicken** and **carrots**. Spoon over any remaining **chicken juices** and the **garlic yoghurt**. Sprinkle over the remaining **mint**.

Enjoy!