



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



Red Onion

Carrot



Natural Yoghurt

Mint



Garlic Clove

Ground Cumin



Chicken Stock Powder

Bulgur Wheat



Pasanda Spice

Skin-On Chicken Breast



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 and 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 cloves	3 cloves	4 cloves
Ground Cumin	1 small pot	1 large pot	1 large pot
Water for the Bulgur Wheat*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	2 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
Skin-on Chicken Breast**	2	3	4
Mango Chutney	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	480g	100g
Energy (kJ/kcal)	2747 /657	572 /137
Fat (g)	17	4
Sat. Fat (g)	4	1
Carbohydrate (g)	75	16
Sugars (g)	26	5
Protein (g)	50	10
Salt (g)	1.26	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



Packed in the UK



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 and add a knob of **butter** (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. Prep the Chicken

Meanwhile 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 discard the stalks, then finely chop. Peel the **garlic cloves**. Put one of the **cloves** on 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** in foil 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 one 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!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.