



# Indian Chicken & Spiced Potatoes

with Garden Salad

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Cucumber



Cherry Tomatoes



Mint



Lemon



Chicken Breast



Mumbai Spice Blend



Mixed Salad Leaves



Brown Mustard Seeds



Greek-Style Yoghurt

Hands-on: 30-40 mins  
Ready in: 35-45 mins

Eat me early

Naturally gluten-free  
*Not suitable for Coeliacs*

Calorie Smart

We can't work out which is best in this nutritionally balanced meal: the pop of brown mustard seeds on the roasted potato and fried onion, the gentle warmth of the spiced chicken or the burst of sweetness from the cherry tomatoes in the salad. You decide!

### Pantry items

Olive Oil

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
cucumber	1	2
cherry tomatoes	1 punnet	2 punnets
mint	1 bunch	1 bunch
lemon	½	1
chicken breast	1 small packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
mixed salad leaves	1 bag (60g)	1 bag (120g)
brown mustard seeds	1 packet	2 packet
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2227kJ (532Cal)	293kJ (70Cal)
Protein (g)	43.4g	5.7g
Fat, total (g)	18g	2.4g
- saturated (g)	5g	0.7g
Carbohydrate (g)	42.9g	5.7g
- sugars (g)	16.4g	2.2g
Sodium (mg)	414mg	55mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place on the oven tray lined with baking paper. Season with **salt** and **pepper** and drizzle with **olive oil**. Toss to coat, then roast until tender, **25-30 minutes**.



## Get prepped

While the potato is roasting, thinly slice the **brown onion**. Finely chop the **garlic**. Thinly slice the **mint** leaves and finely chop. Slice the **lemon** into wedges. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** to a bowl with the **Mumbai spice blend** and a splash of **water**. Season generously with **salt** and **pepper**, drizzle with **olive oil** and toss to coat.



## Cook the onions

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and **brown mustard seeds**, then season with **salt** and **pepper**. Cook, stirring occasionally, until softened, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a large bowl.



## Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness).

**TIP:** *The chicken is cooked through when it's no longer pink inside.*



## Make the salad

In a large bowl, combine the **cucumber**, **cherry tomatoes**, **mixed salad leaves** and **mint**. Drizzle with **olive oil** and a squeeze of **lemon juice** and toss to coat. Season to taste. Transfer the **potato** to the bowl with the **onion** and **mustard seeds** and toss to combine. Season with **salt**.



## Serve up

Slice the Indian chicken. Divide the chicken, spiced potatoes and garden salad between plates. Serve with the **Greek-style yoghurt** and any remaining lemon wedges.

**Enjoy!**