















# Mango Chutney Glazed Spiced Chicken Breast with Cumin Bulgur Wheat and Roasted Carrots

Classic 30 Minutes • Little Spice • 1 of your 5 a day



-  Red Onion
-  Carrot
-  Natural Yoghurt
-  Mint
-  Garlic Clove
-  Ground Cumin
-  Chicken Stock Paste
-  Bulgur Wheat
-  Pasanda Seasoning
-  Chicken Breast - Skin-On
-  Mango Chutney
-  Rainbow Veg Side

 CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

## Before you start

Our fruit & veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan with Lid, Baking Tray, Bowl, Aluminum Foil, Grater or Garlic Press, Measuring Jug, Frying Pan.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Carrot**	2	3	4
Natural Yoghurt 7) <sup>**</sup>	75g	120g	150g
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove	2	3	4
Ground Cumin	1 sachet	1 sachet	2 sachets
Water for the Bulgur*	240ml	360ml	480ml
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Pasanda Seasoning	1 sachet	1 sachet	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Chicken Breast - Skin-On**	2	3	4
Mango Chutney	1 sachet	2 sachets	2 sachets
Rainbow Veg Side**	200g	300g	400g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	458g	100g
Energy (kJ/kcal)	2758 /659	603 /144
Fat (g)	18	4
Sat. Fat (g)	4	1
Carbohydrate (g)	73	16
Sugars (g)	25	5
Protein (g)	50	11
Salt (g)	1.50	0.33

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	558g	100g
Energy (kJ/kcal)	2917 /697	523 /125
Fat (g)	18	3
Sat. Fat (g)	4	1
Carbohydrate (g)	77	14
Sugars (g)	28	5
Protein (g)	52	9
Salt (g)	1.51	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg, but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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## Start the Prep

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.



## Prep the Chicken

Meanwhile heat a frying pan on medium-high heat (no oil). Put the **pasanda seasoning** 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 chicken and its packaging.



## 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** into a square of foil with a drizzle of **oil**. 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 parcel** to the tray for the final 10-12 mins.



## 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. Pop the **chicken** on the tray next to the **carrots** and roast until cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Once cooked, add the **mango chutney** to the **chicken**. Turn to coat the **chicken** in the **chutney**. Set the tray aside.



## CUSTOM RECIPE

If you've decided to add the **rainbow veg side** to your meal, when the **chicken** has 5 mins left to cook, heat a drizzle of oil in your frying pan on medium-high heat. Once hot, add the **rainbow veg mix** and cook for 2-3 mins. Then add a splash of **water**, cover with a lid (or some foil) and steam-fry until the **veggies** are tender, 4-5 mins. Remove the pan from the heat.



## 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 paste** 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.



## 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 and top with the **chicken** and **carrots**. Spoon over any remaining **chicken juices** and the **garlic yoghurt**. Sprinkle over the remaining **mint**.

## Enjoy!



## CUSTOM RECIPE

Serve with the **rainbow veg** alongside.