

Mango Chutney Glazed Spiced Chicken Breast

with Cumin Bulgur Wheat and Roasted Carrots

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











Natural Yoghurt





Ground Cumin

Garlic Clove



Chicken Stock Paste







Bulgur Wheat

Pasanda Seasoning Chicken Breast - Skin-On



Mango Chutney





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) **	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
	•	ū
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
Custom Recipe for uncooked ingredient	Per serving 558g	Per 100g 100g
for uncooked ingredient	558g	100g
for uncooked ingredient Energy (kJ/kcal)	558g 2917 /697	100g 523 /125
for uncooked ingredient Energy (kJ/kcal) Fat (g)	558g 2917 /697 18	100g 523/125 3
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	558g 2917/697 18 4	100g 523/125 3 1
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	558g 2917 /697 18 4 77	100g 523/125 3 1 14

Nutrition for uncooked ingredients based on 2 person recipe.

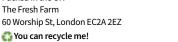
Allergens

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.

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







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.