HELLO FRESH

Indian Chicken & Mumbai Coconut Sauce
with Roast Cauliflower Toss & Flaked Almonds

Cauliflower

Carrot

Zucchini

Flaked Almonds

Chicken Breast

Mumbai Spice Blend

Coconut Milk

Baby Spinach Leaves

Pantry items

Olive Oil, White Wine Vinegar

Hands-on: 15-25 mins
Ready in: 30-40 mins

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Carb Smart

There's nothing we love more than an easy weeknight chicken dinner recipe, and this Indian chicken dish is a flavourful new favourite (and low-carb) we know you'll love, too!

R4

Before you start

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
cauliflower	1 portion	1 portion
carrot	2	4
zucchini	1	2
flaked almonds	1 packet	2 packets
chicken breast	1 small packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
coconut milk	1 tin (200ml)	1 tin (400ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle

* Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2220kJ (530Cal)	318kJ (76Cal)
Protein (g)	39.6g	5.7g
Fat, total (g)	29.4g	4.2g
- saturated (g)	18.7g	2.7g
Carbohydrate (g)	22.1g	3.2g
- sugars (g)	17.9g	2.6g
Sodium (mg)	751mg	108mg
Dietary fibre (g)	22.8g	3.3g

The quantities provided above are averages only.

Allergens

If you have any questions or concerns, please visit
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1

Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Chop the **cauliflower** into small florets. Cut the **carrot** (unpeeled) and **zucchini** into 1cm rounds.

2

Roast the veggies

Spread the **veggies** across an oven tray lined with baking paper. Season with **salt** and **pepper** and a drizzle of **olive oil**. Toss to coat and roast until tender, **20-25 minutes**.

3

Toast the almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl and set aside.

4

Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** steaks and until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate.

5

Make the coconut sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **Mumbai spice blend**, the **salt** and cook, stirring, until fragrant, **1 minute**. Stir through the **coconut milk** and simmer until thickened slightly, **1-2 minutes**. Season with **pepper**. When the **roasted veggies** are done, add the **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray and toss to combine.

6

Serve up

Slice the chicken. Divide the roasted veggies between plates and top with the chicken. Pour over the Mumbai coconut sauce and sprinkle with the flaked almonds to serve.

Enjoy!