



# 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
-  Mango Chutney
-  Broccoli Florets

**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 and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan with Lid, Baking Tray, Bowl, Aluminum Foil, Garlic Press, Frying Pan, Bowl.

## Ingredients

|                            | 2P       | 3P        | 4P        |
|----------------------------|----------|-----------|-----------|
| Red Onion**                | 1        | 1         | 2         |
| Carrot**                   | 3        | 4         | 6         |
| Natural Yoghurt 7)**       | 75g      | 120g      | 150g      |
| Mint**                     | 1 bunch  | 1 bunch   | 1 bunch   |
| Garlic Clove               | 1        | 1         | 2         |
| 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 tbsps  | 3 tbsps   | 4 tbsps   |
| Chicken Breast (skin-on)** | 2        | 3         | 4         |
| Mango Chutney              | 1 sachet | 2 sachets | 2 sachets |
| Broccoli Florets**         | 200g     | 300g      | 400g      |

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

## Nutrition

|                                | Per serving        | Per 100g        |
|--------------------------------|--------------------|-----------------|
| <b>for uncooked ingredient</b> | <b>523g</b>        | <b>100g</b>     |
| Energy (kJ/kcal)               | 2819/674           | 540/129         |
| Fat (g)                        | 18                 | 3               |
| Sat. Fat (g)                   | 4                  | 1               |
| Carbohydrate (g)               | 78                 | 15              |
| Sugars (g)                     | 29                 | 6               |
| Protein (g)                    | 49                 | 9               |
| Salt (g)                       | 1.43               | 0.27            |
| <b>Custom Recipe</b>           | <b>Per serving</b> | <b>Per 100g</b> |
| <b>for uncooked ingredient</b> | <b>623g</b>        | <b>100g</b>     |
| Energy (kJ/kcal)               | 2978/712           | 478/114         |
| Fat (g)                        | 19                 | 3               |
| Sat. Fat (g)                   | 4                  | 1               |
| Carbohydrate (g)               | 79                 | 13              |
| Sugars (g)                     | 31                 | 5               |
| Protein (g)                    | 54                 | 9               |
| Salt (g)                       | 1.45               | 0.23            |

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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## Prep the Veg

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 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**, then toss to coat. Roast on the middle shelf of your oven until golden and tender, 20-30 mins. Turn halfway.



## 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.**

*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.



## Finish the Prep

Put the **yoghurt** into a bowl and season with **salt** and **pepper**. Pull the **mint leaves** from their stalks and finely chop (discard the stalks). Add **half** of the **mint** to the **yoghurt** and mix together. Peel and grate the **garlic** (or use a **garlic press**).

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Add the **broccoli florets** to the baking tray and roast for the remaining 10-12 mins of carrot cooking time.



## Cook the Chicken

Once 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** onto another baking tray and roast on the top shelf of your oven 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.



## Cook the Bulgur

Add the **garlic** to the **softened onion** along with the **ground cumin**, stir and cook for 1 min. 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 min, 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. Stir the remaining **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 the **minty yoghurt** to finish.

Enjoy!

## CUSTOM RECIPE

Serve the **broccoli** on top of the **bulgur wheat**.