



# Mango Chutney Glazed Spiced Chicken Breast

with Cumin Bulgur Wheat and Roasted Carrots

**CLASSIC** 30 Minutes • Medium Heat • 1.5 of your 5 a day

N° 1



Red Onion



Carrot



Natural Yoghurt



Mint



Garlic Clove



Ground Cumin



Chicken Stock Powder



Bulgur Wheat



Pasanda Spice



Skin-On Chicken Breast



Mango Chutney

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Saucepan, Baking Tray, Mixing Bowl, Fine Grater (or Garlic Press), Measuring Jug and Frying Pan.

### Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Carrot**	2	3	4
Natural Yoghurt 7)**	75g	100g	150g
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2 cloves	3 cloves	4 cloves
Ground Cumin	1 small pot	1 large pot	1 large pot
Water for the Bulgur Wheat*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Pasanda Spice	1 small pot	¾ large pot	1 large pot
Oil for the Chicken*	2 tbsp	3 tbsp	4 tbsp
Skin-on Chicken Breast**	2	3	4
Mango Chutney	1 sachet	2 sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	480g	100g
Energy (kJ/kcal)	2747 /657	572 /137
Fat (g)	17	4
Sat. Fat (g)	4	1
Carbohydrate (g)	75	16
Sugars (g)	26	5
Protein (g)	50	10
Salt (g)	1.26	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



## 1. Cook the Onion

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 and add a knob of **butter** (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.



## 4. Prep the Chicken

Meanwhile heat a frying pan on medium-high heat (no oil). Put the **pasanda spice** 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 raw meat.



## 2. Finish the Prep

Put the **yoghurt** in a bowl and season with **salt** and **pepper**. Pull the **mint leaves** from their stalks and discard the stalks, then finely chop. Peel the **garlic cloves**. Put one of the **cloves** on a piece of kitchen foil, 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** in foil to the tray for the final 10-12 mins.



## 5. 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. Continue cooking until the **chicken** is golden and cooked through, another 8-10 mins. Turn every 2-3 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Once cooked, remove from the heat and add the **mango chutney** to the pan. Turn to coat the **chicken** in the **chutney**. Set the pan aside.



## 3. Cook the Bulgur

Add the grated **garlic** to the softened **onion** along with the **ground cumin**, stir and cook for one 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 powder** 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.



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

Enjoy!

**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.