

Hello  
FRESH

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## Spiced Chicken Dosa Pancake

with Sweet Mango Chutney and Mint Raita

A *dosa* is a thin, crêpe-like pancakes traditionally served in India. It is made with besan (also known as gram or chickpea flour), which makes it naturally gluten-free! We're serving it with delicious spiced-chicken, and a cooling mint raita on the side!

 **Prep**  
30 min



Chicken Tenders



Baby Spinach



Onion



Garlic



Mango Chutney



Mint



Cilantro



Gram Flour



Masala Spice  
Blend



Nigella Seeds



Yogurt

Ingredients

	2 People	4 People
Chicken Tenders	1 pkg (340 g)	2 pkg (680 g)
Baby Spinach	1 pkg (56 g)	2 pkg (113 g)
Onion, sliced	1 pkg (113 g)	2 pkg (227 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Mango Chutney	1 pkg (¼ cup)	2 pkg (½ cup)
Mint	1 pkg (10 g)	1 pkg (10 g)
Cilantro	1 pkg (10 g)	1 pkg (10 g)
Gram Flour	1 pkg (1½ cups)	2 pkg (3 cups)
Masala Spice Blend	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Nigella Seeds	1 pkg (1 tsp)	2 pkg (2 tsp)
Yogurt	1) 1 pkg (100 g)	2 pkg (200 g)
Olive or Canola Oil*		

\*Not Included

Allergens

1) Milk/Lait

Tools

Small Bowl, Large Bowl, Measuring Cups, Large Non-Stick Pan

**Nutrition per person** Calories: 664 cal | Fat: 11g | Protein: 62g | Carbs: 78g | Fibre: 11g | Sodium: 690 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



**1 Prep:** Wash and dry all produce. Mince or grate the **garlic**. Roughly chop the **cilantro** and **mint leaves**.

**2 Make the mint raita:** In a small bowl, combine the **mint** and **yogurt**. Season with **salt** and **pepper**.

**3 Make the dosa batter:** In a large bowl, combine the **flour**, **nigella seeds** and **1½ cups water** (double for 4 people).

3



**4 Make the dosa pancake:** Heat a large non-stick pan over medium heat. (**TIP:** Non-stick pans are best for making crêpes and dosas!) Add a drizzle of **oil**, then **½ cup batter**. Swirl the batter around the pan until the batter coats the bottom and forms a 5-inch wide pancake. Cook until golden-brown on the bottom, 2-3 min. (**TIP:** Use a spatula to lift an edge slightly to check the colour!) Carefully flip the dosa over, then cook until golden-brown, 2-3 more min. Transfer the pancakes to a plate and cover to keep warm. Repeat with **remaining batter**. (The batter should yield **4** dosas for two people or **8** dosas for four people.)

4



**5 Sear the chicken:** Heat the same pan over medium-high heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until softened, 4-5 min. Add the **garlic**, **chicken** and **masala spice blend**. Cook until the chicken is golden-brown, 2-3 min per side. Add the **mango chutney** and **¼ cup water** (double for 4 people). Stir until mixture comes together and becomes sticky. Stir in the **cilantro** and **spinach**.

**6 Finish and serve:** Divide the **dosa pancakes** between plates and top with the **chicken mixture**. Drizzle over the **raita** and enjoy!

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Ruler

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