
















Mumbai Yoghurt Roast Chicken & Zucchini Curry

with Garlic Naan, Pickled Cucumber & Mint Yoghurt


FEAST

Grab your Meal Kit with this symbol



-  Mumbai Spice Blend
-  Greek-Style Yoghurt
-  Half Chicken
-  Zucchini
-  Brown Onion
-  Snacking Tomatoes
-  Cucumber
-  Curry Leaves
-  Mint
-  Garlic
-  Naan Bread
-  Mild Curry Paste
-  Tomato Paste
-  Coconut Milk
-  Slivered Almonds

Prep in: 30-40 mins
Ready in: 50-60 mins

 Eat Me Early

'A feast for the ages', we heard our recipe testers say when this one got plated up! This Mumbai yoghurt roast chicken is the centrepiece of this dish and truly dazzles when accompanied by a flavourful zucchini curry, garlic naan and a number of essential garnishes to add on top!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Mumbai spice blend	1 large sachet	2 large sachets
Greek-style yoghurt	1 medium packet	1 large packet
half chicken	1 packet	2 packets
zucchini	1	2
brown onion	1	2
snacking tomatoes	1 punnet	2 punnets
cucumber	1	2
curry leaves	1 stem	2 stems
mint	1 bag	1 bag
garlic	3 cloves	6 cloves
white wine vinegar*	¼ cup	½ cup
butter*	15g	30g
naan bread	2	4
mild curry paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
coconut milk	2 medium packets	4 medium packets
brown sugar*	1 tsp	2 tsp
slivered almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6346kJ (1517Cal)	541kJ (129Cal)
Protein (g)	93.2g	7.9g
Fat, total (g)	95.7g	8.2g
- saturated (g)	45g	3.8g
Carbohydrate (g)	66.9g	5.7g
- sugars (g)	24.9g	2.1g
Sodium (mg)	2801mg	239mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the half chicken

- Preheat oven to **240°C/220°C fan-forced**.
- In a large bowl, combine half the **Mumbai spice blend**, a dollop of **Greek-style yoghurt**, a drizzle of **olive oil** and a generous pinch of **salt**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **half chicken**, skin-side down first, until browned, **4-5 minutes** each side. Transfer to a lined oven tray.
- Spread **spiced yoghurt** over the **chicken** with a spoon. Roast until cooked through, **25-30 minutes**.
- Set aside to rest for **5-10 minutes**.

4



Make the garlic naan

- In a second small heatproof bowl, melt the **butter** and half the **garlic** in the microwave, in **10 second** bursts, until fragrant. Season with **salt**.
- Brush one side of **naan bread** with the **garlic butter**.
- Place **garlic naan** directly on a wire rack in the oven. Bake until golden, **2-4 minutes**.

2



Roast the veggies

- While chicken is roasting, cut **zucchini** into rounds.
- Slice **brown onion** into wedges.
- Place **zucchini**, **onion** and **snacking tomatoes** on a second lined oven tray.
- Sprinkle with remaining **Mumbai spice blend**, drizzle with **olive oil** (¼ cup for 2 people / ½ cup for 4 people) and season with a generous pinch of **salt**.
- Roast until tender, **15-18 minutes**.

5



Cook the zucchini curry

- Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Add **curry leaves**, **mild curry paste**, **tomato paste** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add **coconut milk**, the **brown sugar**, any **chicken resting juices** and a splash of **water** and cook, stirring, until slightly thickened, **2-3 minutes**.
- Transfer **roasted veggies** to the pan, stirring to combine. Season to taste.

3



Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons.
- Pick **curry leaves**.
- Roughly chop **mint**. Finely chop **garlic**.
- In a medium bowl, combine the **white wine vinegar** and a good pinch of **salt** and **sugar**. Add **cucumber** and enough **water** to just cover the cucumber, then set aside.
- In a small bowl, combine **mint**, remaining **yoghurt** and a pinch of **salt**.

TIP: Slicing the cucumber very thinly helps it pickle faster!

6



Serve up

- Drain pickled cucumber. Slice Mumbai yoghurt roast chicken in half.
- Bring chicken, zucchini curry, garlic naan and pickled cucumber to the table.
- Sprinkle **slivered almonds** over the curry.
- Serve with mint yoghurt. Enjoy!

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