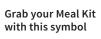


with Garlic Naan, Pickled Cucumber & Mint Yoghurt













Zucchini

Half Chicken





Brown Onion







Curry Leaves

Cucumber







Naan Bread





Tomato Paste





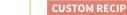
Slivered Almonds



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!



Pantry items

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

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*	1/4 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 aller

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



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.



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.



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!



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.



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.



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!



We're here to help!