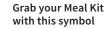


Mumbai Yoghurt Chicken with Roast Veggie Toss & Almonds

DIETITIAN APPROVED











Pumpkin



Carrot & Zucchini





Mumbai Spice Blend



Greek-Style



Chicken Thigh

Yoghurt



Baby Spinach Leaves



Flaked Almonds





Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early



Carb Smart

This mildly spiced, Indian-inspired chicken dish is served with a vibrant, subtly sweet roast veggie toss, which keeps the carbs down, and the flavour up. Top with a sprinkle of almonds for crunch, and a dollop of yoghurt to bring it all together.



Olive Oil, White Wine Vinegar

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
brown onion	1	2		
peeled & chopped pumpkin	1 small bag	1 medium bag		
carrot & zucchini mix	1 medium bag	1 large bag		
Mumbai spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
Greek-style yoghurt	1 medium packet	1 large packet		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
baby spinach leaves	1 medium bag	1 large bag		
white wine vinegar*	1 tsp	2 tsp		
flaked almonds	1 medium packet	1 large packet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1632kJ (390Cal)	268kJ (64Cal)
Protein (g)	40.4g	6.6g
Fat, total (g)	14.1g	2.3g
- saturated (g)	4g	0.7g
Carbohydrate (g)	24.2g	4g
- sugars (g)	19.9g	3.3g
Sodium (mg)	728mg	120mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1576kJ (377Cal)	259kJ (62Cal)
Protein (g)	42.7g	7g
Fat, total (g)	11.5g	1.9g
- saturated (g)	3.3g	0.5g
Carbohydrate (g)	24.2g	4g
- sugars (g)	19.9g	3.3g
Sodium (mg)	718mg	118mg

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





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- · Cut brown onion into wedges.
- Place onion, peeled & chopped pumpkin and carrot & zucchini mix on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat
- Roast until tender, 25-30 minutes.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Toss the veggies

- To the tray with the roast veggies, add baby spinach leaves.
- Drizzle with the white wine vinegar. Gently toss to combine.



Bake the chicken

- Meanwhile, combine Mumbai spice blend, a dollop of Greek-style yoghurt, a drizzle of olive oil and a pinch of salt in a medium bowl. Add chicken thigh, tossing to coat.
- Transfer chicken to a second lined oven tray. Bake until cooked through (when no longer pink inside), 14-16 minutes.

Custom Recipe: If you've swapped to chicken breast, prep chicken in spice blend as above. When the veggies have 15 minutes remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat. When oil is hot, cook chicken until browned, 2 minutes each side. Transfer chicken to a second lined oven tray and bake until cooked through, 6-10 minutes.



Serve up

- Slice chicken. Divide Mumbai yoghurt chicken and roast veggie toss between plates. Spoon any juices from the oven tray over the chicken.
- Sprinkle with flaked almonds and a dollop of reserved yoghurt to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate