

# One-Dish Tandoori Chicken & Veggie Bake

with Garlic Tortillas & Yoghurt

NEW



Grab your Meal Kit with this symbol













Chicken Thigh

Blend





Garlic Paste

Mini Flour Tortillas





Tandoori Paste

**Baby Spinach** 



Greek-Style

Flaked Almonds

Yoghurt

Prep in: 15-25 mins Ready in: 35-45 mins

Eat Me Early



Roasted in the oven and with tasty, slightly charred edges, chicken thighs are an easy and delicious way to enjoy tandoori flavours. Served with oven-baked veggies plus garlic flatbread, this mild meal is a family winner!



**Pantry items** Olive Oil, 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 baking dish · Oven tray lined with baking paper

#### Ingredients

in ign concince				
	2 People	4 People		
olive oil*	refer to method	refer to method		
tomato	1	2		
carrot	1	2		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
Mumbai spice blend	1 medium sachet	1 large sachet		
garlic paste	1 packet	2 packets		
mini flour tortillas	6	12		
tandoori paste	1 packet	2 packets		
baby spinach leaves	1 medium bag	1 large bag		
brown sugar*	1 tsp	2 tsp		
Greek-style yoghurt	1 medium packet	1 large packet		
flaked almonds	1 medium packet	1 large packet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2593kJ (620Cal)	524kJ (125Cal)
Protein (g)	43g	8.7g
Fat, total (g)	23.9g	4.8g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	54.9g	11.1g
- sugars (g)	15.5g	3.1g
Sodium (mg)	1755mg	355mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2518kJ (602Cal)	<b>509kJ</b> (122Cal)
Protein (g)	46.6g	9.4g
Fat, total (g)	20.2g	4.1g
- saturated (g)	4.8g	1g
Carbohydrate (g)	54.9g	11.1g
- sugars (g)	15.5g	3.1g
Sodium (mg)	1738mg	351mg

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.



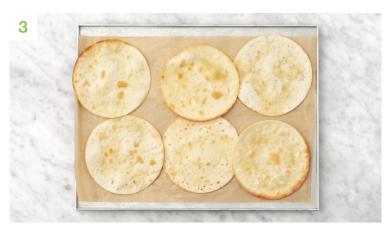
Scan here if you have any questions or concerns





# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- · Slice tomato into wedges.
- Thinly slice carrot into rounds.
- Place veggies in a large baking dish. Drizzle with olive oil and add a pinch of salt and pepper.
- Toss to coat and roast until slightly softened, 15 minutes.



# Make the garlic tortillas

- When chicken has 5 minutes remaining, in a small bowl, combine garlic paste and a drizzle of olive oil.
- Spread mini flour tortillas out evenly on a lined oven tray (don't worry if they overlap) and brush or spread with some garlic oil.
- Bake until golden, 5-8 minutes.



#### Bake the chicken

- In a medium bowl, combine chicken thigh, Mumbai spice blend, a drizzle of olive oil and a pinch of salt.
- When veggies are slightly tender, remove baking dish from oven. Add chicken to the baking dish.
- Return dish to oven, and continue baking, until chicken is cooked through,
   15-20 minutes.

TIP: Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** If you've swapped to chicken breast, combine with spice blend and cook as above.



# Serve up

- To baking dish, stir through tandoori paste, baby spinach leaves, the brown sugar and a splash of water, until combined.
- Divide baked tandoori chicken and veggies between plates. Top chicken with Greek-style yoghurt.
- Sprinkle over **flaked almonds** and serve with garlic tortillas. Enjoy!