



One-Dish Tandoori Chicken & Veggie Bake

with Garlic Tortillas & Yoghurt

NEW

Grab your Meal Kit with this symbol



Tomato



Carrot



Chicken Thigh



Mumbai Spice Blend



Garlic Paste



Mini Flour Tortillas



Tandoori Paste



Baby Spinach Leaves



Greek-Style Yoghurt



Flaked Almonds



Chicken Breast

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

Calorie Smart

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!

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

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

	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

*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)	509kJ (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](https://www.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 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**.

3



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**.

2



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.

4



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!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://www.hellofresh.com.au/rate)