



Mumbai Yoghurt Chicken

with Roasted Veggie Toss & Cucumber Mint Yoghurt

KID FRIENDLY



Grab your Meal Kit with this symbol



Carrot & Zucchini Mix



Chopped Potato



Mumbai Spice Blend



Greek-Style Yoghurt



Chicken Thigh



Baby Spinach Leaves



Cucumber



Mint



Chicken Thigh

Prep in: 10-20 mins
Ready in: 30-40 mins

Carb Smart*
**Custom recipe is not Carb Smart*

Eat Me Early

Mild spices and tangy yoghurt work their magic with succulent chicken thigh in this Indian-inspired dish. The vibrant roasted veggies complete the meal, adding a touch of sweetness all while keeping it low cal.

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

Pantry items

Olive Oil, Butter, 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	30g	60g
carrot & zucchini mix	1 medium packet	1 large packet
chopped potato	1 medium bag	2 medium bags
Mumbai spice blend	1 sachet	2 sachets
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 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
cucumber	1	2
mint	1 bag	1 bag
chicken thigh**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2351kJ (562Cal)	337kJ (81Cal)
Protein (g)	47.4g	6.8g
Fat, total (g)	22.4g	3.2g
- saturated (g)	10.9g	1.6g
Carbohydrate (g)	39.5g	5.7g
- sugars (g)	11.9g	1.7g
Sodium (mg)	745mg	107mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3066kJ (733Cal)	355kJ (85Cal)
Protein (g)	84g	9.7g
Fat, total (g)	24.9g	2.9g
- saturated (g)	11.7g	1.4g
Carbohydrate (g)	39.5g	4.6g
- sugars (g)	11.9g	1.4g
Sodium (mg)	816mg	95mg

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 veggies

- Preheat oven to **240°C/220°C fan-forced**. In a small microwave safe bowl, melt the **butter**.
- Place **carrot & zucchini mix** and **chopped potato** on a lined oven tray. Top with **melted butter**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss to combine. Roast until tender, **20-25 minutes**.

3



Cook the chicken & bring it all together

- Transfer **chicken** to a second lined oven tray, with a drizzle of **olive oil**.
- Bake **chicken** until cooked through (when no longer pink inside), **14-16 minutes**.
- To the tray with the roasted veggies, add **baby spinach leaves** and a drizzle of **white wine vinegar**. Season, then toss to combine.
- Finely chop **cucumber**. Pick **mint** leaves and thinly slice.
- In a small bowl, combine **cucumber**, **mint** and remaining **Greek-style yoghurt**. Season with **salt** and **pepper**.

TIP: The spice blend may char slightly on the tray, this adds to the flavour!

Custom Recipe: If your tray is crowded, divide the chicken between two trays.

2



Season the chicken

- In a medium bowl, combine **Mumbai spice blend**, a small dollop of **Greek-style yoghurt** and a drizzle of **olive oil**.
- Add **chicken thigh** and toss to coat.

Custom Recipe: If you've doubled your chicken thigh, combine with ingredients as above.

4



Serve up

- Slice chicken if preferred.
- Divide Mumbai yoghurt chicken and roasted veggie toss between plates. Dollop with cucumber mint yoghurt to serve. Enjoy!

Rate your recipe

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