

DIETITIAN APPROVED









Peeled & Chopped Pumpkin

Carrot & Zucchini





Yoghurt

Mumbai Spice Blend

Chicken Thigh

**Baby Spinach** Leaves

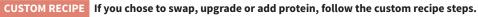
Flaked Almonds

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

Eat Me Early



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.



**Pantry items** 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

### Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
garlic	1 clove	2 cloves
peeled & chopped pumpkin	1 small bag	1 medium bag
carrot & zucchini mix	1 medium bag	1 large bag
Mumbai spice blend	1 medium sachet	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)	264kJ (63Cal)
Protein (g)	40.6g	6.6g
Fat, total (g)	14.4g	2.3g
- saturated (g)	4g	0.6g
Carbohydrate (g)	23.2g	3.8g
- sugars (g)	18.9g	3.1g
Sodium (mg)	723mg	117mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1557kJ (372Cal)	252kJ (60Cal)
Protein (g)	44.3g	7.2g
Fat, total (g)	10.6g	1.7g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	23.2g	3.8g
- sugars (g)	18.9g	3.1g
Sodium (mg)	706mg	114mg

The quantities provided above are averages only.

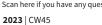
# Allergens

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 220°C/200°C fan-forced.
- · Roughly chop capsicum. Mince garlic.
- Place capsicum, 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 roasted veggies, add baby spinach leaves.
- Drizzle with the **white wine vinegar**. Gently toss to combine.
- In a small bowl, combine remaining yoghurt and minced garlic. Stir 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, turning to coat.
- When the veggies have **15 minutes** remaining, 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, prepare 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 (when no longer pink inside), 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 top with a dollop of garlic yoghurt to serve. Enjoy!

#### Rate your recipe

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