



Mumbai Yoghurt Chicken

with Roasted Veggie Toss & Cucumber Mint Yoghurt

KID FRIENDLY



Grab your Meal Kit with this symbol



Carrot & Zucchini Mix



Chopped Potato



Chicken Tenderloins



Mumbai Spice Blend



Greek Style Yoghurt



Baby Spinach Leaves



Cucumber



Mint



Chicken Tenderloins

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, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	30g	60g
carrot & zucchini mix	1 medium bag	1 large bag
chopped potato	1 medium bag	2 medium bags
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
Greek style yoghurt	1 medium packet	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 tenderloins**	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)	47.5g	6.8g
Fat, total (g)	22.5g	3.2g
- saturated (g)	10.9g	1.6g
Carbohydrate (g)	39.3g	5.6g
- sugars (g)	11.8g	1.7g
Sodium (mg)	748mg	107mg
Dietary Fibre (g)	8.8g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3065kJ (733Cal)	355kJ (85Cal)
Protein (g)	84.1g	9.7g
Fat, total (g)	24.9g	2.9g
- saturated (g)	11.7g	1.4g
Carbohydrate (g)	39.3g	4.6g
- sugars (g)	11.8g	1.4g
Sodium (mg)	818mg	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

- Transfer **chicken** to a lined oven tray, with a drizzle of **olive oil**.
- Bake **chicken** until cooked through (when no longer pink inside), **10-12 minutes**.

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

Custom Recipe: Divide chicken between two lined oven trays if your tray is getting crowded.

2



Season the chicken

- In a medium bowl, combine **chicken tenderloins**, **Mumbai spice blend**, a small dollop of **Greek-style yoghurt** and a drizzle of **olive oil**. Season.

Little cooks: Help toss the chicken in the seasoning.

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

4



Serve up

- Add **baby spinach leaves** and a drizzle of the **white wine vinegar** to the roasted veggies. 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.
- Divide Mumbai yoghurt chicken and roasted veggie toss between plates. Dollop with yoghurt dressing to serve. Enjoy!

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