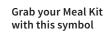


Mumbai Yoghurt Chicken with Roasted Veggie Toss & Cucumber Mint Yoghurt

KID FRIENDLY









Chopped Potato



Chicken Tenderloins

Mumbai Spice Blend

Baby Spinach





Greek Style Yoghurt



Cucumber



Chicken Tenderloins

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

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.



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

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	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





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. In a small microwave safe bowl,
- 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.

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.



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.



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!

