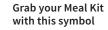


Whole Roast Mumbai Chicken & Veggie Curry

with Garlic Tortillas, Pickled Cucumber & Mint Yoghurt









Mumbai Spice Blend



Zucchini

Brown Onion





Snacking Tomatoes

Cucumber





Curry Leaves



MIni Flour

MIld Curry

Tortillas



Tomato Paste

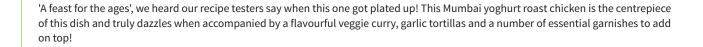


Coconut Milk



Flaked Almonds







Olive Oil, White Wine Vinegar, Butter, 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

Three 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
whole chicken	1 (1.5kg)	1 (2kg)
Mumbai spice blend	1 sachet	2 sachets
zucchini	1	2
brown onion	1	2
snacking tomatoes	1 punnet	2 punnets
cucumber	1	2
curry leaves	1 stem	2 stems
mint	1 bag	1 bag
garlic	3 cloves	6 cloves
white wine vinegar*	1/4 cup	½ cup
Greek-style yoghurt	1 medium packet	1 large packet
butter*	15g	30g
mini flour tortillas	6	12
mild curry paste	1 medium packet	2 medium packets
tomato paste	1 packet	2 packets
coconut milk	2 packets	4 packets
brown sugar*	1 tsp	2 tsp
flaked almonds	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty Per Serving Per 100a Energy (kJ) 6400kJ (1530Cal) 537kJ (128Cal) Protein (g) 95.1g 8g Fat, total (g) 93.5g 7.8g 49g - saturated (g) 4.1g Carbohydrate (g) 73.2g 6.1g - sugars (g) 26.9g 2.3g Sodium (mg) 2789mg 234mg

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.



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Roast the chicken

- Preheat oven to 240°C/220°C fan-forced.
- Pat whole chicken dry with paper towel.
- Place chicken on a lined oven tray, breast-side up. Drizzle with olive oil. Sprinkle with half the Mumbai spice blend and a generous pinch of salt, rubbing the seasoning into the skin.
- Roast until browned and cooked through,
- Remove tray from oven. Cover with foil and set aside to rest for 15 minutes.

TIP: To check if the chicken is cooked through, poke a skewer or a small knife between the leg and the body. The juices that come out should be clear, without any traces of pink.

TIP: The chicken needs resting time for the meat to get nice and juicy!



Make the garlic tortillas

- In a second small heatproof bowl, melt the butter and half the garlic in the microwave, in **10 second** bursts, until fragrant. Season with salt.
- Spread mini flour tortillas out evenly on a third lined oven tray (don't worry if they overlap) and brush or spread with some garlic oil.
- Bake until golden, 5-8 minutes.

TIP: If your tray is crowded, divide tortillas between two lined oven travs.



Roast the veggies

- · When the chicken has 30 minutes cook time remaining, cut zucchini into rounds.
- Slice brown onion into wedges.
- Place zucchini, onion and snacking tomatoes on a second lined oven tray.
- · Sprinkle with remaining Mumbai spice blend, drizzle with olive oil (1/4 cup for 2 people / 1/2 cup for 4 people) and season with a generous pinch
- · Roast until tender. 15-18 minutes.



Get prepped

- Meanwhile, thinly slice cucumber into half-moons. Pick curry leaves.
- Roughly chop mint. Finely chop garlic.
- · In a medium bowl, combine the white wine vinegar and a good pinch of salt and sugar. Add **cucumber** and enough **water** to just cover the cucumber, then set aside.
- In a small bowl, combine mint, Greek-style yoghurt and a pinch of salt.

TIP: Slicing the cucumber very thinly helps it pickle faster!



Cook the veggie curry

- · Meanwhile, in a large frying, heat a drizzle of olive oil over medium-high heat.
- · Cook curry leaves, mild curry paste, tomato paste and remaining garlic, stirring, until fragrant, 1 minute.
- Add coconut milk, the brown sugar, any chicken resting juices and a splash of water and cook, stirring, until slightly thickened, 2-3 minutes.
- Transfer roasted veggies to the pan, stirring to combine. Season to taste.



Serve up

- Drain pickled cucumber.
- · Cut Mumbai chicken in half.
- · Bring chicken, zucchini curry, garlic tortillas and pickled cucumber to the table.
- Sprinkle flaked almonds over the curry.
- Serve with mint yoghurt. Enjoy!



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