



# Whole Roast Mumbai Chicken & Veggie Curry

with Garlic Tortillas, Pickled Cucumber & Mint Yoghurt

FEAST

Grab your Meal Kit with this symbol



Whole Chicken



Mumbai Spice Blend



Zucchini



Brown Onion



Snacking Tomatoes



Cucumber



Curry Leaves



Mint



Garlic



Greek-Style Yoghurt



Mini Flour Tortillas



Mild Curry Paste



Tomato Paste



Coconut Milk



Flaked Almonds

## Pantry items

Olive Oil, White Wine Vinegar, Butter, Brown Sugar

Prep in: 30-40 mins  
Ready in: 50-60 mins

Eat Me Early

'A feast for the ages', we heard our recipe testers say when this one got plated up! This Mumbai yoghurt roast chicken is the centrepiece of this dish and truly dazzles when accompanied by a flavourful veggie curry, garlic tortillas and a number of essential garnishes to add on top!



## 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

	2 People	4 People
<b>olive oil*</b>	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
<b>white wine vinegar*</b>	¼ cup	½ cup
Greek-style yoghurt	1 medium packet	1 large packet
<b>butter*</b>	15g	30g
mini flour tortillas	6	12
mild curry paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
coconut milk	2 packets	4 packets
<b>brown sugar*</b>	1 tsp	2 tsp
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6400kJ (1529Cal)	537kJ (128Cal)
Protein (g)	95.1g	8g
Fat, total (g)	93.5g	7.8g
- saturated (g)	49g	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](https://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



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## Roast the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- Pat **whole chicken** dry with a 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, **1 hour**.
- 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 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!

4



## 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 trays.

2



## Roast the veggies

- When the chicken has **30 minutes** 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** (¼ cup for 2 people / ½ cup for 4 people) and season with a generous pinch of **salt**.
- Roast until tender, **15-18 minutes**.

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## Cook the veggie curry

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **curry leaves, mild curry paste, tomato paste** and remaining **garlic** and cook 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.

3



## 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!

6



## Serve up

- Drain pickled cucumber.
- Carve 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!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)