



Indian Spiced Chicken & Tandoori Pumpkin

with Garden Salad & Cucumber Raita

Grab your Meal Kit with this symbol



Butternut Pumpkin



Tandoori Paste



Greek Yoghurt



Garlic



Cucumber



Tomato



Mint



Chicken Thigh



Mild North Indian Spice Blend



Baby Spinach Leaves

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Low Calorie

They say variety is the spice of life, so we've combined succulent chicken and roasted pumpkin with authentic Indian flavours for the ultimate meal that's sure to please! Just add cooling cucumber raita for an explosion of colour and flavour.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1	1
tandoori paste	1 tub (50g)	2 tubs (100g)
Greek yoghurt	1 packet (100g)	1 packet (200g)
garlic	2 cloves	4 cloves
cucumber	1	2
tomato	2	4
mint	1 bunch	1 bunch
mild North Indian spice blend	1 sachet	2 sachets
chicken thigh	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2000kJ (478Cal)	258kJ (62Cal)
Protein (g)	44.4g	5.7g
Fat, total (g)	16.2g	2.1g
- saturated (g)	5.3g	0.7g
Carbohydrate (g)	33.8g	4.4g
- sugars (g)	25.8g	3.3g
Sodium (g)	851mg	110mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Roast the pumpkin

Preheat the oven to **240°C/220°C fan-forced**. Cut the **butternut pumpkin** into 2cm chunks. In a large bowl, combine the **tandoori paste**, **Greek yoghurt (1 tbs for 2 people / 2 tbs for 4 people)**, a **generous pinch of salt** and a **drizzle of olive oil**. Add the **pumpkin** and toss to coat. Place the **pumpkin** on an oven tray lined with baking paper and spread in a single layer. Roast until tender, **20-25 minutes**.

TIP: You can peel the pumpkin skin if you don't like it!



2. Get prepped

While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press). Finely chop the **cucumber**. Roughly chop the **tomato**. Pick and roughly chop the **mint leaves**.



3. Flavour the chicken

In a medium bowl, combine the **garlic**, **mild North Indian spice blend**, a **good pinch of salt** and a **drizzle of olive oil**. Add the **chicken thigh** and toss to coat.



4. Cook the chicken

Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **chicken thigh** and cook, turning occasionally, until golden and cooked through, **10-12 minutes**. Set aside to rest, **5 minutes**.

TIP: Don't worry if the spice blend chars a little in the pan, this adds to the flavour!



5. Make the sides

While the chicken is cooking, in a small bowl add **1/2 the cucumber**, **1/2 the mint** and the **remaining Greek yoghurt**. Season with **salt** and **pepper** and stir to combine. In a second medium bowl, add the **tomato**, **baby spinach leaves** and **remaining cucumber** and **mint**. Add the **white wine vinegar** and a **drizzle of olive oil**. Season with **salt** and **pepper** and toss to combine.



6. Serve up

Thickly slice the chicken. Divide the Indian spiced chicken, tandoori pumpkin and garden salad between plates. Spoon any resting juices over the chicken. Serve with the cucumber raita.

Enjoy!