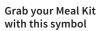
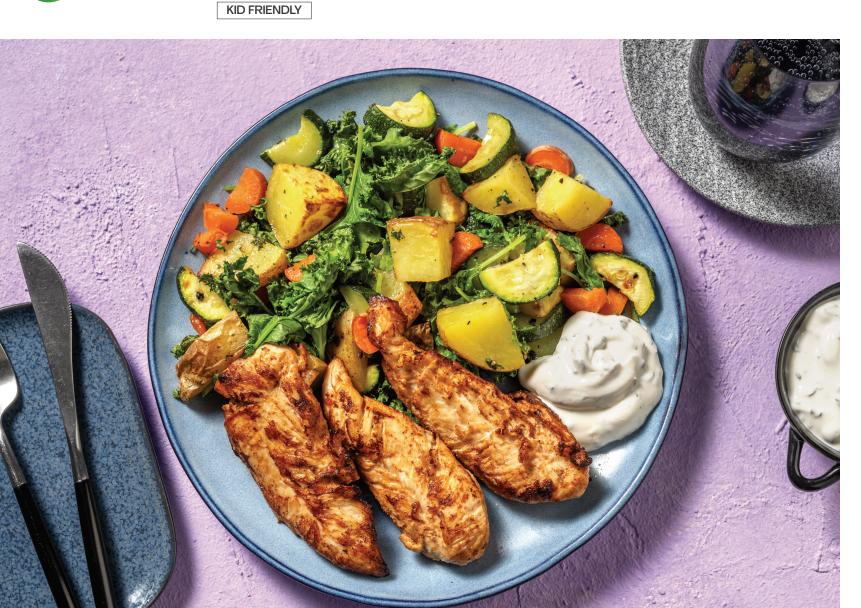


Mumbai Chicken, Kale & Easy-Prep Roast Veg with Mint Yoghurt















Chopped Potato

Chicken Tenderloins



Mumbai Spice



Yoghurt

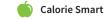
Blend





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

Eat Me Early



Mild spices and tangy yoghurt work their magic with succulent chicken tenderloins in this Indian-inspired dish. The vibrant roasted veggies complete the meal, adding a touch of sweetness all while keeping it low cal.



Pantry items

Olive Oil, Butter, 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

Large frying pan · Oven tray lined with baking paper

Ingredients

_		
	2 People	4 People
olive oil*	refer to method	refer to method
butter*	30g	60g
kale	1 medium bag	1 large bag
carrot & zucchini mix	1 medium packet	1 large packet
chopped potato	1 medium bag	2 medium bags
chicken tenderloins	1 small packet	1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
Greek-style yoghurt	1 medium packet	1 large packet
mint	1 bag	1 bag
white wine vinegar*	drizzle	drizzle
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2334kJ (558Cal)	360kJ (86Cal)
Protein (g)	47.8g	7.4g
Fat, total (g)	22.4g	3.5g
- saturated (g)	10.9g	1.7g
Carbohydrate (g)	38.1g	5.9g
- sugars (g)	10.5g	1.6g
Sodium (mg)	772mg	119mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3047kJ (728Cal)	375kJ (90Cal)
Protein (g)	84.3g	10.4g
Fat, total (g)	24.8g	3g
- saturated (g)	11.6g	1.4g
Carbohydrate (g)	38.1g	4.7g
- sugars (g)	10.5g	1.3g
Sodium (mg)	843mg	104mg

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 large frying pan, melt the butter over medium heat.
- Roughly tear kale leaves, then discard stems.
- 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**.
- When the veggies have 8 minutes remaining, add kale and a pinch of salt to
- Gently toss to combine. Return tray to the oven, then roast until tender, 5-8 minutes.



Cook the chicken

- · Return frying pan to medium-high heat with a drizzle of olive oil.
- When oil is hot, add **chicken** and cook, turning occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes each side.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: Cook chicken in batches for best results.



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.
- Roughly chop **mint**. In a small bowl, combine remaining **yoghurt** and **mint**. Season to taste.

Little cooks: Take charge by combining chicken with spice blend and yoghurt!

Custom Recipe: If you've doubled your chicken tenderloins, coat chicken in spice blend and yoghurt as above.



Serve up

- Add a drizzle of the **white wine vinegar** to the roasted veggies. Season, then
- Divide Mumbai yoghurt chicken and roasted veggie medley between plates. Serve with mint yoghurt. Enjoy!

