



# Mumbai Chicken, Kale & Easy-Prep Roast Veg

with Mint Yoghurt

KID FRIENDLY

Grab your Meal Kit with this symbol



Kale



Carrot & Zucchini Mix



Chopped Potato



Chicken Tenderloins



Mumbai Spice Blend



Greek-Style Yoghurt



Mint



Chicken Tenderloins

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

Calorie Smart

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	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
<b>white wine vinegar*</b>	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](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



1



## 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 the tray.
- Gently toss to combine. Return tray to the oven, then roast until tender, **5-8 minutes**.

3



## 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.

2



## 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.

4



## Serve up

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

## Rate your recipe

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