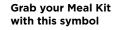


Mumbai Spiced Chicken

with Cucumber Raita & Roast Pumpkin Wedges























Brown Mustard





Cucumber



Chicken Breast





Mumbai Spice Blend

Flaked Almonds



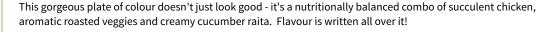
Greek Yoghurt

Baby Spinach Leaves





Eat me early



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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
cauliflower	1 portion	1 portion
zucchini	1	2
carrot	1	2
brown mustard seeds	1 packet	2 packets
garlic	2 cloves	4 cloves
cucumber	1	2
chicken breast	1 small packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (200g)
white wine vinegar*	1 tsp	2 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
		•

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2368kJ (565Cal)	256kJ (61Cal)
Protein (g)	47.5g	5.1g
Fat, total (g)	21.1g	2.3g
- saturated (g)	5.3g	0.6g
Carbohydrate (g)	39.5g	4.3g
- sugars (g)	31.9g	3.5g
Sodium (mg)	486mg	53mg

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.



1. Roast the veggies

Preheat the oven to 220°C/200°C fan-forced.
Cut the butternut pumpkin (unpeeled) into 1cm slices. Cut the cauliflower into small florets. Cut the zucchini and carrot into 2cm half-moons.
Spread the pumpkin, cauliflower, zucchini and carrot across two oven trays lined with baking paper, drizzle with olive oil and season with salt and pepper. Roast until tender, 25 minutes.
Scatter the brown mustard seeds over the veggies and roast, until golden, 5 minutes.

TIP: You can peel the pumpkin if you prefer!



2. Get prepped

While the veggies are roasting, finely chop the garlic (or use a garlic press). Finely chop the cucumber. Place your hand flat on top of each chicken breast and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the Mumbai spice blend, a pinch of salt and pepper and a small drizzle of olive oil. Set aside.



3. Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



4. Make the raita

In a large frying pan, heat a **generous drizzle** of **olive oil** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt**, **white wine vinegar** and **cucumber** to the **garlic oil mixture** and stir to combine. Season to taste.



5. Cook the chicken

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Cook the **chicken steaks** until cooked through, **3-5 minutes** each side (depending on thickness). Remove from the heat.

TIP: The chicken is cooked through when it's no longer pink inside.

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



6. Serve up

Divide the pumpkin wedges between plates. Add the baby spinach leaves to the remaining veggies on the baking tray and toss to combine. Thickly slice the chicken. Divide the roast veggies and Mumbai spiced chicken between plates. Dollop over the raita sauce and sprinkle over the almonds.

Enjoy!