















# Mumbai Spiced Chicken



with Cucumber Raita & Roast Pumpkin Wedges

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Cauliflower
-  Zucchini
-  Carrot
-  Brown Mustard Seeds
-  Garlic
-  Cucumber
-  Chicken Breast
-  Mumbai Spice Blend
-  Flaked Almonds
-  Greek Yoghurt
-  Baby Spinach Leaves

 Hands-on: **20-30 mins**  
 Ready in: **30-40 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

 Calorie Smart  
 Eat me early

This gorgeous plate of colour doesn't just look good - it's a nutritionally balanced combo of succulent chicken, aromatic roasted veggies and creamy cucumber raita. Flavour is written all over it!

**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 · 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](https://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!



## 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.



## 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.



## 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!



## 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.



## 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!**