

Mumbai-Spiced Yoghurt Chicken

with Roast Veggie Toss & Almonds

Grab your Meal Kit with this symbol



Capsicum



Carrot



Sweet Potato



Mumbai Spice Blend



Baby Spinach Leaves



Flaked Almonds



Greek-Style Yoghurt



Chicken Thigh



Chicken Breast

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **15-25 mins**
Ready in: **30-40 mins**

Carb Smart Dietitian Approved

Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early

This mildly spiced, Indian-inspired chicken dish is served with a vibrant, subtly sweet roast veggie toss, which keeps the carbs down, and the flavour up. Top with flaked almonds for crunch, and a dollop of yoghurt to bring it all together.

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
carrot	1	2
sweet potato	1	2
Mumbai spice blend	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
chicken thigh	1 small packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	1 tsp	2 tsp
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1368kJ (327Cal)	286kJ (68Cal)
Protein (g)	40.7g	8.5g
Fat, total (g)	10.9g	2.3g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	14.4g	3g
- sugars (g)	12.7g	2.7g
Sodium (mg)	703mg	147mg
Dietary Fibre (g)	8.9g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1338kJ (320Cal)	280kJ (67Cal)
Protein (g)	41.5g	8.7g
Fat, total (g)	9.6g	2g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	14.4g	3g
- sugars (g)	12.6g	2.6g
Sodium (mg)	700mg	146mg
Dietary Fibre (g)	9.2g	1.9g

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

2022 | CW34



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **capsicum, carrot** and **sweet potato** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread **veggies** out in a single layer, then roast until tender, **20-25 minutes**.

3



Toss the veggies

- To the roast veggie tray, add **baby spinach leaves**.
- Drizzle with the **white wine vinegar**. Gently toss to combine.

2



Bake the chicken

- Meanwhile, combine **Mumbai spice blend**, a dollop of **Greek-style yoghurt**, a drizzle of **olive oil** and a pinch of **salt** in a medium bowl. Add **chicken thigh**, tossing to coat.
- When the veggies have **15 minutes** remaining, place **chicken** on a second lined oven tray. Bake until cooked through, **10-12 minutes**.

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

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Combine chicken with spice blend as above. Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook chicken until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded). Remove from heat.

4



Serve up

- Divide Mumbai-spiced yoghurt chicken and roast veggie toss between plates. Spoon any juices from the oven tray over the chicken.
- Sprinkle with **flaked almonds**. Serve with remaining yoghurt. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

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