



Mumbai Yoghurt Chicken

with Roast Veggie Toss & Almonds

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Brown Onion



Peeled & Chopped Pumpkin



Carrot & Zucchini Mix



Mumbai Spice Blend



Greek-Style Yoghurt



Chicken Thigh



Baby Spinach Leaves



Flaked Almonds



Chicken Breast

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

Carb Smart

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 a sprinkle of 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

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
peeled & chopped pumpkin	1 small bag	1 medium bag
carrot & zucchini mix	1 medium bag	1 large bag
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)	1635kJ (391Cal)	269kJ (64Cal)
Protein (g)	40.4g	6.6g
Fat, total (g)	14.1g	2.3g
- saturated (g)	4g	0.7g
Carbohydrate (g)	24.2g	4g
- sugars (g)	19.8g	3.3g
Sodium (mg)	728mg	120mg
Dietary Fibre (g)	11.6g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1565kJ (374Cal)	257kJ (61Cal)
Protein (g)	43.3g	7.1g
Fat, total (g)	10.8g	1.8g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	24.2g	4g
- sugars (g)	19.8g	3.3g
Sodium (mg)	715mg	118mg
Dietary fibre	11.8g	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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **brown onion** into wedges.
- Place **onion**, **peeled & chopped pumpkin** and **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

3



Toss the veggies

- To the tray with the roast veggies, 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, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When the oil is hot, cook **chicken thigh** until golden, **2-3 minutes** each side (depending on thickness).
- Transfer **chicken** to a second lined oven tray. Bake until cooked through (when no longer pink inside), **8-12 minutes**.

Custom Recipe: If you've swapped to chicken breast, prep chicken in spice blend as above. When the veggies have 15 minutes remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat. When the oil is hot, cook chicken, until browned, 2 minutes each side. Transfer chicken to a second lined oven tray and bake until cooked through, 6-10 minutes.

4



Serve up

- Slice chicken. Divide Mumbai 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!

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