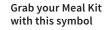


Mumbai Yoghurt Chicken with Roast Veggie Toss & Almonds

DIETITIAN APPROVED







Brown Onion



Pumpkin









Greek-Style Yoghurt



Chicken Thigh



Baby Spinach Leaves



Flaked Almonds

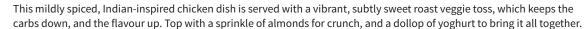




Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early





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

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	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 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





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
- · Roast until tender, 25-30 minutes.



Toss the veggies

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



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.



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!

Rate your recipe

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