
















Mumbai Yoghurt Roast Chicken & Eggplant Curry

with Garlic Naan, Pickled Cucumber & Mint Yoghurt

Grab your Meal Kit with this symbol



-  Mumbai Spice Blend
-  Eggplant
-  Brown Onion
-  Snacking Tomatoes
-  Cucumber
-  Curry Leaves
-  Mint
-  Garlic
-  Naan Bread
-  Tomato Paste
-  Coconut Milk
-  Slivered Almonds
-  Half Chicken
-  Mild Curry Paste
-  Greek-Style Yoghurt

Prep in: 30-40 mins
Ready in: 50-60 mins

 Eat Me Early

Team our Mumbai spice blend with yoghurt and meet your new go-to chicken marinade; it's warming, a little tangy, and works wonders on the roasted half chook, which you'll serve with all the good stuff. We think the coconutty curry rivals the chicken, but ultimately, each component of this feast is there to complement the rest, with the zingy cucumber adding crunch and cutting the richness, and the moreish naan making sure you mop up every last morsel of the curry.

Pantry items

Olive Oil, White Wine Vinegar, Butter, Brown Sugar

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

Large frying pan · Two oven trays lined with baking paper ·

Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Mumbai spice blend	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
half chicken	1 packet	2 packets
eggplant	1	2
brown onion	1	2
snacking tomatoes	1 punnet	2 punnets
cucumber	1	2
curry leaves	1 stem	2 stems
mint	1 bag	1 bag
garlic	3 cloves	6 cloves
white wine vinegar*	¼ cup	½ cup
butter*	15g	30g
naan bread	2	4
mild curry paste	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
coconut milk	2 medium tins	4 medium tins
brown sugar*	1 tsp	2 tsp
slivered almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6350kJ (1518Cal)	561kJ (134Cal)
Protein (g)	91.6g	8.1g
Fat, total (g)	95.6g	8.4g
- saturated (g)	45g	4g
Carbohydrate (g)	67.7g	6g
- sugars (g)	25.3g	2.2g
Sodium (mg)	2802mg	247mg

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.



Roast the half chicken

- Preheat oven to **240°C/220°C fan-forced**.
- In a large bowl, combine 1/2 the **Mumbai spice blend**, a dollop of **Greek-style yoghurt**, a drizzle of **olive oil** and a generous pinch of **salt**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **half chicken**, skin-side down first, until browned, **4-5 minutes** each side. Transfer to a lined oven tray.
- Spread the **spiced yoghurt** over the **chicken** with a spoon. Roast until cooked through, **25-30 minutes**.
- Set aside to rest for **5-10 minutes**.



Make the garlic naan

- In a second small heatproof bowl, melt the **butter** and 1/2 the **garlic** in the microwave, in **10 second** bursts, until fragrant. Season with **salt**.
- Brush one side of the **naan bread** with the **garlic butter**.
- Place **garlic naan** directly on a wire rack in the oven. Bake until golden, **2-4 minutes**.



Roast the eggplant & tomato

- While the chicken is roasting, cut **eggplant** into thin slices. Slice **brown onion** into wedges. Place **eggplant**, **onion** and **snacking tomatoes** on a second lined oven tray.
- Sprinkle with remaining **Mumbai spice blend**, drizzle with **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people) and season with a generous pinch of **salt**. Roast until tender, **15-20 minutes**.



Cook the eggplant curry

- Meanwhile, heat a medium saucepan over a medium-high heat with a drizzle of **olive oil**.
- Add **curry leaves**, **mild curry paste**, **tomato paste** and remaining **garlic** and cook, stirring, until fragrant, **1 minute**.
- Add **coconut milk**, the **brown sugar**, any **chicken** resting juices and a splash of **water** and cook, stirring, until slightly thickened, **2-3 minutes**.
- Transfer roasted **veggies** to the saucepan, stirring to combine. Season to taste.



Get prepped

- While the veggies are roasting, thinly slice **cucumber** into half-moons. Pick **curry leaves**. Roughly chop **mint**. Finely chop **garlic**.
- In a medium bowl, combine the **white wine vinegar** and a good pinch of **salt** and **sugar**. Add the **cucumber** and enough **water** to just cover the **cucumber**, then set aside.
- In a small bowl, combine **mint**, remaining **yoghurt** and a pinch of **salt**.

TIP: Slicing the cucumber very thinly helps it pickle faster!



Serve up

- Drain pickled cucumber. Cut Mumbai yoghurt roast chicken in half.
- Bring chicken, eggplant curry, garlic naan and pickled cucumber to the table.
- Sprinkle **slivered almonds** over the curry.
- Serve with mint yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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