

# Mumbai Yoghurt Roast Chicken & Eggplant Curry

with Garlic Naan, Pickled Cucumber & Mint Yoghurt

Grab your Meal Kit with this symbol







Mumbai Spice





**Brown Onion** 



**Snacking Tomatoes** 





**Curry Leaves** 

Cucumber









Naan Bread Tomato Paste





Coconut Milk



Slivered Almonds



Half Chicken





Greek-Style Yoghurt

Paste

**Pantry items** 

Olive Oil, White Wine Vinegar, Butter, Brown Sugar

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.

#### 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  $\cdot$  Two oven trays lined with baking paper  $\cdot$  Medium saucepan

# Ingredients

| ingi caicites          |                 |                 |  |
|------------------------|-----------------|-----------------|--|
|                        | 2 People        | 4 People        |  |
| olive oil*             | refer to method | refer to method |  |
| Mumbai spice<br>blend  | 1 sachet        | 2 sachets       |  |
| Greek-style<br>yoghurt | 1 medium packet | 1 large packet  |  |
| half chicken           | 1 packet        | 2 packets       |  |
| eggplant               | 1               | 2               |  |
| brown onion            | 1               | 2               |  |
| snacking<br>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<br>vinegar* | 1/4 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  |  |

<sup>\*</sup>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

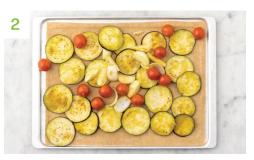
Always read product labels for the most up-to-date allergen information.

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.



# 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.



# 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!



# 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.



# 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.



# 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!





