



Indian Spiced Chicken & Roast Veggie Toss

with Lemon Mayo & Flaked Almonds

Grab your Meal Kit with this symbol



Potato



Carrot



Mild North Indian Spice Blend



Flaked Almond



Lemon



Mayonnaise



Chicken Thigh



Mumbai Spice Blend



Baby Spinach Leaves



Chicken Breast

Prep in: 15-25 mins
Ready in: 35-45 mins



Eat Me Early

Bring out the aromatic scents of a North Indian inspired spice mix and a warm palette of crispy roast veggies. Combine them together to enrich your dinner with colour and flavour. You won't be disappointed in how everything tastes so undeniably good.

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

Pantry items

Olive Oil, Honey

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
potato	2	4
carrot	1	2
mild North Indian spice blend	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
lemon	½	1
mayonnaise	1 medium packet	1 large packet
chicken thigh	1 small packet	2 small packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2297kJ (549Cal)	435kJ (104Cal)
Protein (g)	36.9g	7g
Fat, total (g)	26.6g	5g
- saturated (g)	5.8g	1.1g
Carbohydrate (g)	47.5g	9g
- sugars (g)	18.5g	3.5g
Sodium (mg)	945mg	179mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2210kJ (528Cal)	418kJ (100Cal)
Protein (g)	41.4g	7.8g
Fat, total (g)	19.2g	3.6g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	47.5g	9g
- sugars (g)	18.5g	3.5g
Sodium (mg)	927mg	175mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Sprinkle over **mild North Indian spice blend**, drizzle with **olive oil** and toss to coat. Season with **salt** and **pepper**.
- Spread out evenly, then roast until tender, **25-30 minutes**.

3



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken thigh** until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and drizzle with **honey**. Bake until cooked through, **12-14 minutes**.

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

Custom Recipe: Heat pan as above. Cook chicken until browned, 2 minutes each side. Transfer chicken to a second lined oven tray, drizzle with honey and bake until cooked through, 8-12 minutes.

2



Get prepped

- Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside.
- Zest **lemon** to get a pinch and slice into wedges. In a small bowl, combine **mayonnaise** and **lemon zest**. Season with **salt** and **pepper**. Set aside.
- In a medium bowl, combine **chicken thigh**, **Mumbai spice blend**, a pinch of **salt** and a drizzle of **olive oil**.

Custom Recipe: If you've swapped from chicken thigh to breast, season chicken in the same way as above.

4



Serve up

- When roast veggies are done, add **baby spinach leaves** and a generous squeeze of lemon juice to the tray. Gently toss to combine. Season to taste.
- Slice Indian spiced chicken.
- Divide roast veggie toss between plates. Top with chicken
- Dollop over lemon mayo. Garnish with toasted almonds and serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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