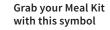


Baked Mumbai Yoghurt Chicken with Roasted Veggies, Creamy Slaw & Cashews

KID FRIENDLY













Onion

Chicken Breast



Mumbai Spice



Blend

Shredded Cabbage



Baby Spinach

Yoghurt



Crushed Roasted Cashews



Mayonnaise





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

Eat Me Early



This gorgeous plate of colour doesn't just look good - it's a nutritionally balanced combo of succulent yoghurt chicken, rainbow-roasted veggies and creamy, crunchy spinach slaw. Flavour is just written all over it!



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

Pantry items Olive Oil, Butter

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

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
courgette	1	2		
onion	1/2 (large)	1 (large)		
chicken breast	1 small packet	2 small packets OR 1 large packet		
Mumbai spice blend	1 sachet	2 sachets		
Greek-style yoghurt	1 medium packet	2 medium packets		
butter*	20g	40g		
shredded cabbage mix	1 bag (150g)	1 bag (300g)		
baby spinach leaves	1 small bag	1 medium bag		
crushed roasted cashews	1 packet	2 packets		
mayonnaise	1 medium packet	1 large packet		
beef rump**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2429kJ (581Cal)	414kJ (99Cal)
Protein (g)	43.4g	7.4g
Fat, total (g)	33.9g	5.8g
- saturated (g)	11.4g	1.9g
Carbohydrate (g)	30.7g	5.2g
- sugars (g)	14.9g	2.5g
Sodium (mg)	572mg	98mg
Dietary Fibre	7.1g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2498kJ (597Cal)	433kJ (103Cal)
Protein (g)	42.2g	7.3g
Fat, total (g)	36.2g	6.3g
- saturated (g)	13.9g	2.4g
Carbohydrate (g)	29.9g	5.2g
- sugars (g)	14.8g	2.6g
Sodium (mg)	547mg	95mg
Dietary fibre	7.1g	1.2g

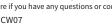
The quantities provided above are averages only.

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





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut carrot and courgette into fries. Cut onion (see ingredients) into wedges.
- · Place veggies on a lined oven tray. Drizzle with olive oil and season with salt. Toss to combine, spread out evenly, then roast until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide between two trays. **Little cooks:** Help with sprinkling over the seasoning and tossing the veggies!



Make the slaw

 Meanwhile, combine shredded cabbage mix, baby spinach leaves, remaining **yoghurt** and a drizzle of **olive oil** in a second medium bowl. Toss to combine. Season to taste.



Cook the chicken

- Meanwhile, combine chicken breast, Mumbai spice blend and half the **Greek-style yoghurt** in a medium bowl. Season and turn to coat.
- Heat a large frying pan over a medium-high heat with a drizzle of olive oil and the **butter**. Cook **chicken** until browned, **2 minutes** each side. Transfer chicken to a baking dish and bake until cooked through, 8-12 minutes.

TIP: The chicken is cooked through when it's no longer pink inside.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil and the butter over high heat. Sprinkle beef rump with Mumbai spice blend, and season. When the oil is hot, cook beef rump for 2-3 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest for 5 minutes.



Serve up

- · Slice baked Mumbai chicken.
- Divide chicken, creamy slaw and roasted veggies between plates.
- Sprinkle over crushed roasted cashews. Serve with mayonnaise. Enjoy!

Custom Recipe: Slice Mumbai beef rump to serve.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

