



Baked Mumbai Yoghurt Chicken

with Roasted Veggies, Creamy Slaw & Cashews

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Courgette



Onion



Chicken Breast



Mumbai Spice Blend



Greek-Style Yoghurt



Shredded Cabbage Mix



Baby Spinach Leaves



Crushed Roasted Cashews



Mayonnaise



Beef Rump

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

Carb Smart

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

| | 2 People | 4 People |
|-------------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| courgette | 1 | 2 |
| onion | ½ (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](https://www.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

2024 | CW07



1



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!

3



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.

2



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.

4



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.

Rate your recipe

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