



Easy Baked Mumbai Yoghurt Chicken

with Roasted Veggies, Creamy Slaw & Cashews

FAMILY BUNDLE

KID FRIENDLY

CLIMATE SUPERSTAR

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Carrot



White Turnip



Onion



Chicken Breast



Mumbai Spice Blend



Greek-Style Yoghurt



Shredded Cabbage Mix



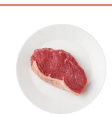
Baby Leaves



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 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, White Wine Vinegar

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
white turnip	1	2
onion	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
Greek-style yoghurt	1 medium packet	1 large packet
butter*	20g	40g
shredded cabbage mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
crushed roasted cashews	1 medium packet	2 medium packets
mayonnaise	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2625kJ (627Cal)	469kJ (112Cal)
Protein (g)	48.9g	8.7g
Fat, total (g)	36.6g	6.5g
- saturated (g)	11.6g	2.1g
Carbohydrate (g)	31.2g	5.6g
- sugars (g)	15.1g	2.7g
Sodium (mg)	621mg	111mg
Dietary Fibre (g)	6g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2667kJ (637Cal)	501kJ (120Cal)
Protein (g)	41.9g	7.9g
Fat, total (g)	40.8g	7.7g
- saturated (g)	14.6g	2.7g
Carbohydrate (g)	30.2g	5.7g
- sugars (g)	15g	2.8g
Sodium (mg)	560mg	105mg
Dietary fibre	6g	1.1g

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.

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **white turnip** 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 leaves**, the remaining **yoghurt** and a drizzle of **white wine vinegar** and **olive oil** in a second medium bowl. Toss to combine. Season to taste.

2



Cook the chicken

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

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

Custom Recipe: If you've upgraded to beef rump, flavour as above. Heat frying pan over high heat with a drizzle of olive oil and the butter. Cook beef 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 yoghurt chicken.
- Divide chicken, creamy slaw and roasted veggies between plates.
- Sprinkle over **crushed roasted cashews**. Serve with **mayonnaise**. Enjoy!

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Pineapple Upside-Down Cake

with Flaked Almonds

FAMILY BUNDLE

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Pineapple Slices



Brown Sugar



Basic Sponge Mix



Flaked Almonds

Prep in: 20 mins
Ready in: 1 hr 15 mins

Do you remember this retro classic? We may have taken a few liberties with the original, like adding cunchy toasted almonds. This cake will be sure to impress when you flip it upside-down to reveal the sticky caramel pineapple layer!

Pantry items

Softened Butter, Eggs, Milk

Before you start

Wash your hands and any fresh food

If you're cooking for 6, double the quantities below and cook 2 batches of cake.

You will need

20cm medium round cake tin · Kitchen scales · Medium saucepan · Electric beaters · Medium frying pan

Ingredients

	4 People
pineapple slices	1 tin
softened butter*	230g
brown sugar	2 medium packets
eggs*	3
basic sponge mix	1 medium packet
milk*	½ cup
flaked almonds	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2800kJ (669Cal)	1425kJ (340Cal)
Protein (g)	7.7g	3.9g
Fat, total (g)	35.6g	18.1g
- saturated (g)	21.9g	11.1g
Carbohydrate (g)	82.2g	41.8g
- sugars (g)	61.1g	31.1g
Sodium (mg)	607mg	309mg

The quantities provided above are averages only.

*Nutritional information is based on 4 servings.

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2024 | CW16



Get prepped

- Preheat oven to **180°C/160°C fan-forced**. Grease and line the cake tin with baking paper.
- Drain **pineapple slices**. Measure 200g **butter (for the cake)** and set aside at room temperature to soften. Measure 30g **butter (for the sauce)** and set aside.
- Divide **brown sugar** into two separate bowls: 200g in one bowl and 40g in a second bowl.

TIP: Weigh out your ingredients before you start to speed up your baking time!

TIP: Using room temperature butter helps the batter get light and fluffy!



Bake the cake

- Bake **cake** for **45 minutes to 1 hour** or until cake is golden brown and cooked through.
- Set aside to cool in tin, **15-20 minutes**.

TIP: To check if the cake is done, stick a toothpick or skewer in the centre. It should come out clean.



Start the cake

- In a medium saucepan, combine **butter (for the sauce)** and 40g **brown sugar**. Cook over medium heat, stirring, until the sugar is dissolved, **2-3 minutes**.
- Pour **sauce** into the lined cake tin. Place **pineapple slices**, in a single layer, on top of the sauce.



Toast the almonds

- Meanwhile, heat a medium frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Set aside.
- When the cake has cooled, place a serving plate on top of the cake. Carefully flip **cake** over and remove tin to reveal **pineapple** top.



Make the cake

- In a large bowl, add 200g **brown sugar** and the **butter (for the cake)**. Beat with electric beaters until light and fluffy, **2-3 minutes**.
- Add the **eggs**, one at a time, and beat until smooth. Fold in **basic sponge mix** and the **milk** with a spoon until just combined.
- Pour **cake batter** into cake tin covering **pineapple**.



Serve up

- Sprinkle pineapple upside-down cake with toasted almonds.
- Slice and serve. Enjoy!

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