

Indian-Spiced Chicken & Garlic Yoghurt

with Bombay Veggie Toss

HELLOHERO

Grab your meal kit with this number

43



Potato



Carrot



Beetroot



Brown Mustard Seeds



Chicken Breast



Mumbai Spice Blend



Garlic



Greek-Style Yoghurt



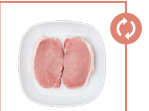
Baby Leaves



Coriander



Chicken Breast



Pork Loin Steak

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart

Protein Rich

Eat Me Early

Dinner should never be stressful, so you can relax tonight knowing this dish will have you sailing through calm waters. The roasted veggies will turn golden and tenderise in the oven, while the chicken cooks with its coating of Mumbai spice. Whip up a fragrant garlic yoghurt to make all these flavours pop in your mouth and you're done.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
beetroot	1	2
brown mustard seeds	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1900kJ (454cal)	180kJ (43cal)
Protein (g)	49.7g	4.7g
Fat, total (g)	4.9g	0.5g
- saturated (g)	1.4g	0.1g
Carbohydrate (g)	52.7g	5g
- sugars (g)	30.7g	2.9g
Sodium (mg)	1725mg	163.7mg
Dietary Fibre (g)	9.8g	0.9g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **beetroot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Add **brown mustard seeds**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Spread out evenly, toss to coat, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

2



Get prepped

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken breast, Mumbai spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Finely chop **garlic**.

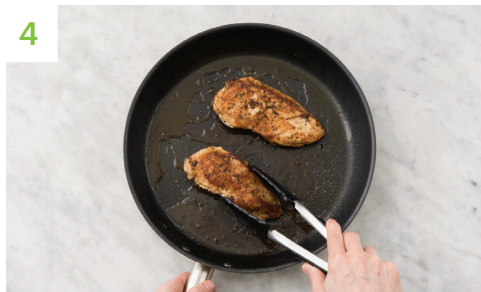
3



Make the garlic yoghurt

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste. Set aside.

4



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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

5



Bring it all together

- When the veggies are done, add **baby leaves** and a drizzle of **white wine vinegar** to the tray. Toss to combine.

6



Serve up

- Roughly chop **coriander**.
- Slice Indian-spiced chicken.
- Divide Bombay veggie toss between plates.
- Top with chicken.
- Dollop with garlic yoghurt and garnish with coriander to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO PORK LOIN STEAK

Cook until cooked through, 3-4 minutes each side. Rest before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

