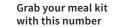


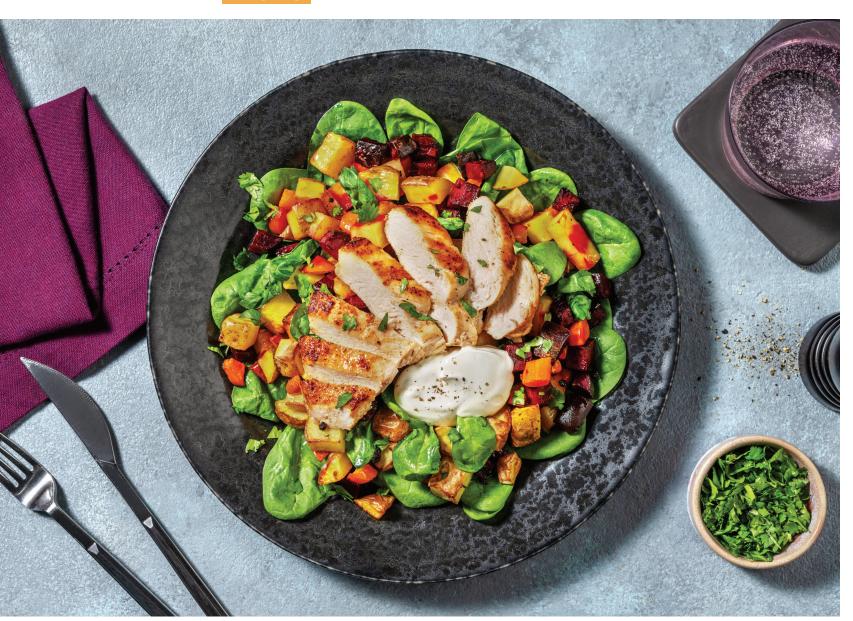
Indian-Spiced Chicken & Garlic Yoghurt

with Bombay Veggie Toss

HELLOHERO















Beetroot







Chicken Breast









Baby Leaves

Coriander





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

Eat Me Early



Calorie Smart



Protein Rich

Dinner should never be stressful, so you can relax tonight knowing this dish will have you sailing through calm waters. The Bombay roasted veggies will turn golden and tenderise in the oven while the chicken cooks with it's 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.



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.



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, Mumbai spice blend, a drizzle of olive oil and a pinch of salt and pepper. Set aside.
- Finely chop garlic.



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 with salt and pepper. Set aside.



Cook the chicken

 Wash and dry the frying pan, then return to medium-high heat with a drizzle of olive oil.
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 through when it's no longer pink inside.



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.



Serve up

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









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

