



# Mumbai Chicken & Garlic Yoghurt

with Spiced Veggie Toss

HELLOHERO

CLIMATE SUPERSTAR

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 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
<b>olive oil*</b>	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
<b>white wine vinegar*</b>	drizzle	drizzle
coriander	½ 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)	423mg	40.1mg
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](https://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

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## 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 between two trays.



## Cook the chicken

- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken** until 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.



## 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**.



## 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.



## Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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.



## Serve up

- Roughly chop **coriander** (see ingredients).
- Slice chicken.
- Divide spiced veggie toss between plates. Top with Mumbai chicken.
- Dollop with garlic yoghurt and garnish with coriander to serve. Enjoy!

## 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. Transfer to a plate and rest for 5 minutes.

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

