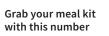


Mumbai Chicken & Garlic Yoghurt

with Spiced Veggie Toss

HELLOHERO

CLIMATE SUPERSTAR

















Brown Mustard

Beetroot











Baby Leaves





Chicken Breast



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 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

9			
	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	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 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 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 breast, Mumbai spice blend, a drizzle of olive oil and a pinch of salt and pepper.
- Finely chop garlic.



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.



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.



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 (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!







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.

