

# Easy Sri Lankan Chicken & Roast Veggie Salad

with Garlic Yoghurt

Grab your Meal Kit with this symbol



Potato



Carrot



Cauliflower



Chicken-Style Stock Powder



Flaked Almonds



Garlic



Chicken Thigh



Sri Lankan Spice Blend



Greek-Style Yoghurt



Baby Spinach Leaves



Coriander



Hands-on: 15-25 mins  
Ready in: 35-45 mins



Eat me early



Calorie Smart

If we had to list our favourite things about Sri Lankan food, we'd be here all night. But one of the best things is the variety of exciting vegetables used in every dish! Tonight's dinner is no exception with a rainbow of roasted veggies, tossed together with leafy greens and topped by mildly spiced chicken. With a speedy prep time, you'll have this warm and comforting meal gobbled down in no time at all.

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
cauliflower	1 portion (200g)	1 portion (400g)
chicken-style stock powder	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
chicken thigh	1 packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
coriander	1 bunch	1 bunch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2013kJ (481Cal)	313kJ (75Cal)
Protein (g)	42.5g	6.6g
Fat, total (g)	14.1g	2.2g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	45.8g	7.1g
- sugars (g)	11g	1.7g
Sodium (mg)	978mg	152mg

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://www.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 the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Slice the **carrot** into thick half-moons. Cut the **cauliflower** into small florets. Place the **veggies** on a lined oven tray. Sprinkle with the **chicken-style stock powder** and drizzle with **olive oil**. Season with **salt** and toss to coat. Roast until tender, **20-25 minutes**. In the last **2-3 minutes** of cook time, add the **flaked almonds** to the tray and roast until toasted.

3



## Cook the chicken

When the veggies have **15 minutes** cook time remaining, return the frying pan to a medium heat. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. Remove from the heat and set aside to rest.

**TIP:** Don't worry if your chicken gets a little charred during cooking. It adds to the flavour! Chicken is cooked through when it's no longer pink inside.

2



## Get prepped

While the veggies are roasting, finely chop the **garlic**. In a medium bowl, combine the **Sri Lankan spice blend** and a drizzle of **olive oil**, then season. Add the **chicken thigh** and turn to coat. Set aside. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil mixture** to a small bowl, then add the **Greek-style yoghurt** and stir to combine. Season to taste.

4



## Serve up

In a large bowl, add the roasted veggies, **baby spinach leaves** and a drizzle of **white wine vinegar**. Toss to combine and season to taste. Slice the Sri Lankan chicken. Divide the roast veggie salad between plates and top with the chicken, spooning over any resting juices. Spoon over the garlic yoghurt. Tear over the **coriander**.

## Enjoy!