



Easy Mumbai Chicken

with Roast Veggie & Spinach Toss

Grab your Meal Kit with this symbol



Carrot



Cauliflower



Tomato



Chicken Breast



Mumbai Spice Blend



Baby Spinach Leaves



Greek-Style Yoghurt



Crushed Peanuts

Hands-on: 15-25 mins
Ready in: 30-40 mins

Eat Me Early

Dietitian Approved

Carb Smart

There's nothing better than chicken that's juicy on the inside and wonderfully charred with mild spices on the outside. That's how we're preparing our low carb dinner tonight, plus add a dollop of creamy yoghurt to double down on all that flavour.

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
carrot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
tomato	1	2
chicken breast	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1666kJ (398Cal)	334kJ (79Cal)
Protein (g)	40.1g	8g
Fat, total (g)	17.2g	3.5g
- saturated (g)	4.9g	1g
Carbohydrate (g)	21.3g	4.3g
- sugars (g)	10.9g	2.2g
Sodium (mg)	497mg	100mg
Dietary Fibre (g)	6.5g	1.3g

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 **carrot** and **cauliflower** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**. Set aside to cool slightly.

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

3



Toss the veggies

- Add **baby spinach leaves**, **tomato** and a drizzle of **white wine vinegar** to **roasted veggies** and gently toss to combine.

2



Cook the chicken

- While the veggies are roasting, roughly chop **tomato**. Cut **chicken breast** into 2cm strips.
- In a medium bowl, combine **Mumbai spice blend** and a drizzle of **olive oil**. Add **chicken**, season with **salt** and toss to coat.
- When the veggies have **10 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** until browned and cooked through, **3-4 minutes** each side. Season to taste.

4



Serve up

- Divide roast veggie toss between plates. Top with Mumbai chicken.
- Spoon over any remaining juices from the pan.
- Top with **Greek-style yoghurt**. Sprinkle over **crushed peanuts** to serve.

Enjoy!