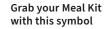


Mumbai Yoghurt Chicken with Roast Veggie & Spinach Toss













Cauliflower





Boneless Chicken





Mumbai Spice



Greek-Style Yoghurt

Blend



Baby Spinach Leaves



Crushed Peanuts

Pantry items

Olive Oil, White Wine Vinegar

Eat Me Early



Carb Smart

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

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1742kJ (416Cal)	350kJ (83Cal)
Protein (g)	40.5g	8.1g
Fat, total (g)	17.8g	3.6g
- saturated (g)	4.3g	0.9g
Carbohydrate (g)	24.4g	4.9g
- sugars (g)	12.5g	2.5g
Sodium (mg)	506mg	102mg
Dietary Fibre (g)	7.8g	1.6g

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 parsnip, 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



Toss the veggies

 Add baby spinach leaves and a drizzle of white wine vinegar to the roasted veggies and gently toss to combine.



Cook the chicken

- While the veggies are roasting, cut boneless chicken drumsticks into 2cm chunks.
- In a medium bowl, combine Mumbai spice blend, a dollop of Greek-style yoghurt (reserve some for serving) and a drizzle of olive oil. Add chicken, season with salt and toss to coat.
- When veggies have 10 minutes cook time remaining, heat a large frying pan over a high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing, until browned and cooked through, 4-6 minutes. Season to taste.

TIP: Chicken is cooked through when it's no longer pink inside



Serve up

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

Enjoy!