



# Mumbai Yoghurt Chicken

with Roast Veggie & Spinach Toss

Grab your Meal Kit with this symbol



Parsnip



Carrot



Cauliflower



Boneless Chicken Drumsticks



Mumbai Spice Blend



Greek-Style Yoghurt



Baby Spinach Leaves



Crushed Peanuts

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

Carb Smart

Eat Me Early

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
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](https://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!