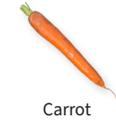


Easy Baked Mumbai Yoghurt Chicken

with Roasted Veggies, Creamy Slaw & Cashews

Grab your Meal Kit with this symbol



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

 Calorie Smart

 Eat Me Early

This gorgeous plate of colour doesn't just look good - it's a nutritionally balanced combo of succulent yoghurt chicken, rainbow-roasted veggies and creamy, crunchy spinach slaw. Flavour is just written all over it!

Pantry items

Olive Oil, Butter

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 · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
red onion	1 (medium)	1 (large)
Mumbai spice blend	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast	1 packet	1 packet
butter*	20g	40g
shredded cabbage mix	1 packet (150g)	1 packet (300g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
roasted cashews	1 packet	2 packets
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2484kJ (594Cal)	530kJ (127Cal)
Protein (g)	39.1g	8.3g
Fat, total (g)	37.2g	7.9g
- saturated (g)	11.5g	2.5g
Carbohydrate (g)	29.4g	6.3g
- sugars (g)	14.1g	3g
Sodium (mg)	551mg	117mg

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 **parsnip** into fries. Slice **red onion** into wedges.
- Place **parsnip** and **onion** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to combine, then roast until tender, **20-25 minutes**.

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

3



Make the slaw

- While chicken is baking, combine **shredded cabbage mix**, **baby spinach leaves**, remaining **yoghurt** and a drizzle of **olive oil** in a second medium bowl. Toss to combine. Season to taste.

2



Cook the chicken

- While veggies are roasting, combine **Mumbai spice blend** and 1/2 the **Greek-style yoghurt** in a medium bowl. Add **chicken breast**, season with **salt** and turn to coat.
- Heat a large frying pan with a drizzle of **olive oil** and **butter** over a medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer chicken to a baking dish and bake until cooked through, **8-12 minutes**.

TIP: The chicken is cooked through when it's no longer pink inside.

4



Serve up

- Slice baked Mumbai yoghurt chicken.
- Divide chicken, creamy slaw and roasted veggies between plates. Pour over any remaining juices from pan.
- Sprinkle with **roasted cashews**. Serve with **mayonnaise**.

Enjoy!