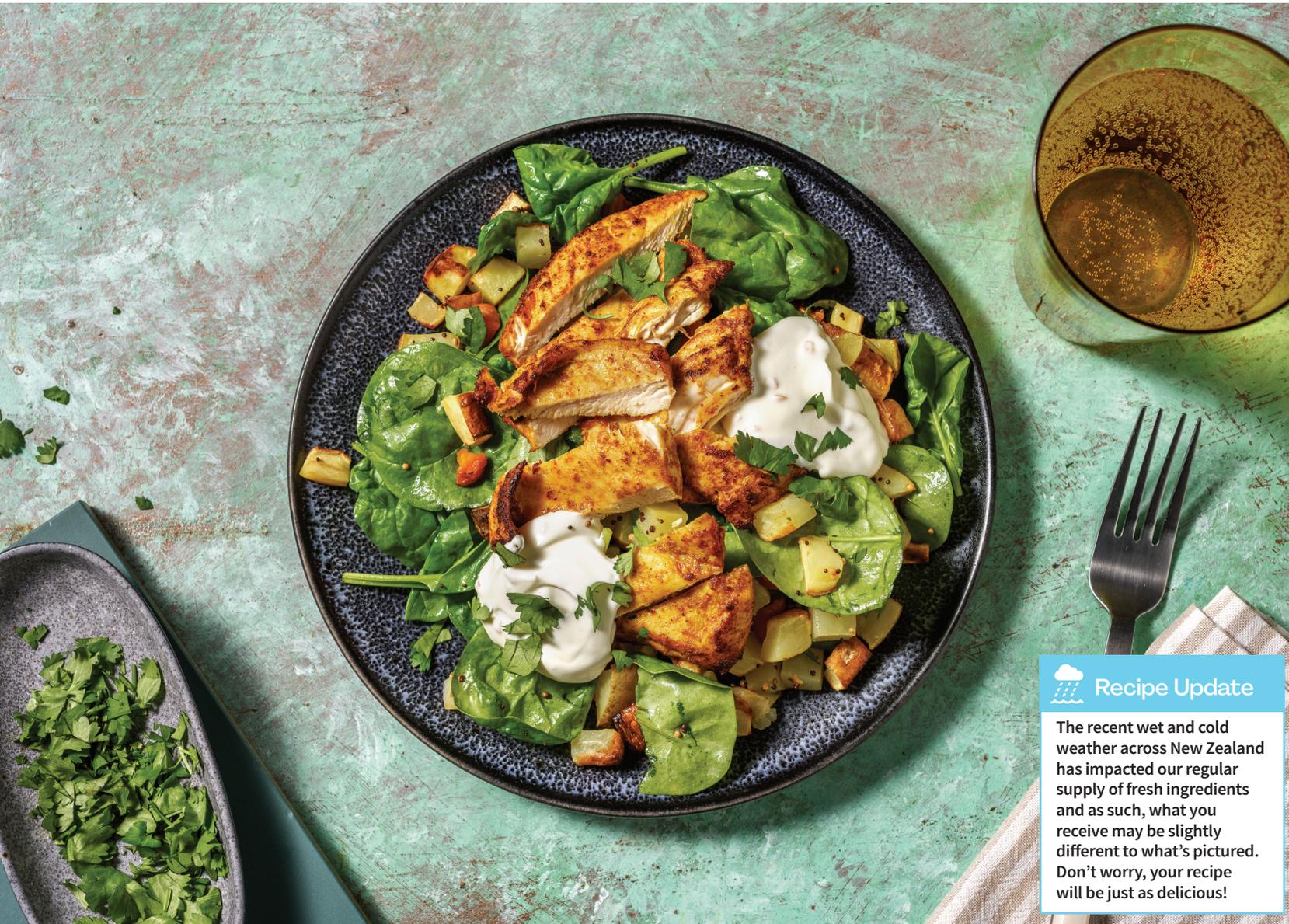


Indian-Spiced Chicken & Garlic Yoghurt

with Bombay Veggie Toss & Herbs

Grab your Meal Kit with this symbol



Potato



Carrot



Parsnip



Brown Mustard Seeds



Chicken Breast



Mumbai Spice Blend



Garlic



Greek-Style Yoghurt



Baby Spinach Leaves



Herbs

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 35-45 mins

 Eat Me Early

 Calorie Smart

Dinner should never be stressful so you can relax tonight knowing this dish will have you sailing through calm waters. The mustard roasted veggies will turn golden and tenderise in the oven while the chicken cooks with it's coating of Mumbai spice. Whip up a fragrant garlic yoghurt to make all these flavours pop in your mouth and you're done.

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
parsnip	1	2
brown mustard seeds	1 sachet	1 sachet
chicken breast	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
herbs	1 bag	1 bag

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1945kJ (465Cal)	338kJ (81Cal)
Protein (g)	43.1g	7.5g
Fat, total (g)	10.6g	1.8g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	53.2g	9.2g
- sugars (g)	20.3g	3.5g
Sodium (mg)	422mg	73mg

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.

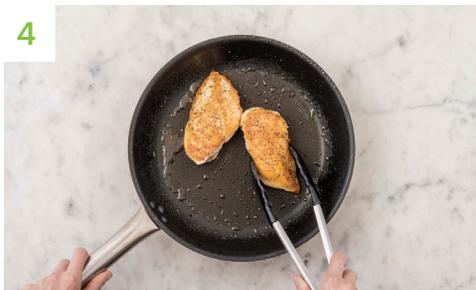


Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **parsnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Add **brown mustard seeds**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Spread out evenly, toss to coat, then roast until tender, **20-25 minutes**.

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

Little cooks: Take the lead by tossing the veggies!



Cook the chicken

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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



Get prepped

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl or on a plate, combine **chicken breast, Mumbai spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Finely chop **garlic**.



Add the spinach

- When the **veggies** are done, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray. Toss to combine.



Make the garlic yoghurt

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season. Set aside.

Little cooks: Help combine the ingredients!



Serve up

- Roughly chop **herbs**. Slice Indian-spiced chicken.
- Divide Bombay veggie toss between plates. Top with chicken.
- Dollop with garlic yoghurt.
- Garnish with herbs to serve. Enjoy!
- **Little cooks:** Add the finishing touch by sprinkling over the garnish!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW30



Rate your recipe

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