



# Mild North Indian Chicken & Bombay Potatoes

with Garlic Raita & Tomato Salad

Grab your Meal Kit with this symbol



Potato



Turmeric



Brown Mustard Seeds



Garlic



Tomato



Mint



Lemon



Slivered Almonds



Greek-Style Yoghurt



Mild North Indian Spice Blend



Chicken Breast Mixed Salad



Leaves



Hands-on: 20-30 mins  
Ready in: 30-40 mins



Low calorie



Eat me early

We can't work out which is best: the pop of brown mustard seeds on the turmeric-roasted potatoes, the gentle warmth of the North Indian spiced chicken or the burst and crunch of the tomato salad. You decide!

## Pantry items

Olive Oil

## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
turmeric	½ sachet	1 sachet
brown mustard seeds	1 sachet	1 sachet
garlic	2 cloves	4 cloves
tomato	2	4
mint	1 bunch	1 bunch
lemon	½	1
slivered almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
mild North Indian spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
chicken breast	1 packet	1 packet
mixed salad leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2268kJ (542Cal)	378kJ (90Cal)
Protein (g)	49.6g	8.3g
Fat, total (g)	18.6g	3.1g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	43.3g	7.2g
- sugars (g)	10g	1.7g
Sodium (mg)	739mg	123mg

## 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.



## Bake the potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper. Sprinkle with the **turmeric** (see ingredients) and **brown mustard seeds**. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.

**TIP:** Cut the potato to size so it cooks in time.



## Get prepped

While the potato is baking, finely chop the **garlic**. Roughly chop the **tomato** and **mint**. Zest the **lemon** to get a pinch, then slice into wedges. Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl and set aside.



## Make the garlic raita

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a second small bowl, then add the **Greek-style yoghurt**, **lemon zest** and a generous squeeze of **lemon juice** and whisk to combine. Season to taste and set aside.



## Cook the chicken

In a medium bowl, combine the **mild North Indian spice blend**, the **salt** and a drizzle of **olive oil**. Add the **chicken breast**, then season with **pepper** and toss to combine. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned, **2 minutes** each side. Transfer the chicken to a second oven tray lined with baking paper and bake until cooked through, **8-12 minutes**.

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



## Bring it all together

In a large bowl, add the **tomato**, **mixed salad leaves**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Toss to combine and season to taste. When the **potatoes** are done, add the **mint** to the tray and gently toss.



## Serve up

Slice the North Indian chicken. Divide the chicken, Bombay potatoes and tomato salad between plates. Top the chicken with the garlic raita. Garnish with the toasted almonds and serve with any remaining lemon wedges.

Enjoy!