

# Mumbai Yoghurt Chicken & Roast Veggie Salad

with Garlic-Mint Yoghurt & Pickled Onion

Grab your Meal Kit with this symbol



Parsnip



Potato



Carrot



Peeled & Chopped Pumpkin



Red Onion



Flaked Almonds



Garlic



Chicken Breast



Greek-Style Yoghurt



Mumbai Spice Blend



Mint



Mixed Salad Leaves

 Hands-on: 25-35 mins  
Ready in: 35-45 mins

 Eat me early

 Low calorie

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

### Pantry items

Olive Oil, Rice 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
potato	1	2
carrot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
red onion	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
flaked almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
chicken breast	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
Mumbai spice blend	1 sachet	2 sachets
mint	1 bunch	1 bunch
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2169kJ (518Cal)	332kJ (79Cal)
Protein (g)	40.8g	6.2g
Fat, total (g)	19.6g	3g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	47.8g	7.3g
- sugars (g)	18g	2.8g
Sodium (mg)	671mg	103mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2021 | CW12



## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **parsnip** and **potato** (both unpeeled) into 2cm chunks. Cut the **carrot** into 1cm half-moons. Place the **veggies** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper**, then toss to coat. Roast until tender, **20-25 minutes**. Set aside to cool slightly.

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



## Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). In a second small bowl, combine some **Greek-style yoghurt** (1 tbs for 2 people / 2 tbs for 4 people), the **salt**, **Mumbai spice blend** and a drizzle of **olive oil**. When the chicken has **2 minutes** cook time remaining, add the **yoghurt mixture** to the pan and turn the **chicken** to coat. Remove from the heat and set aside.

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



## Pickle the onion

While the veggies are roasting, thinly slice the **red onion**. In a medium bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside until serving.



## Make the garlic & mint yoghurt

While the chicken is cooking, thinly slice the **mint** leaves. Add the **mint**, remaining **yoghurt** and a splash of **water** to the **garlic oil**. Stir to combine and season to taste. Drain the pickled **onion**. Add the **mixed salad leaves** and pickled **onion** to the tray with the **veggies** and gently toss to combine. Season to taste.

**TIP:** Add less pickled onion if you're not a fan!



## Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Finely chop the **garlic**. 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 small bowl and set aside.



## Serve up

Slice the Mumbai yoghurt chicken. Divide the roast veggie salad and pickled onion between plates. Top with the chicken and any remaining sauce from the pan. Drizzle over the garlic-mint yoghurt. Garnish with the toasted almonds.

## Enjoy!