



North Indian Chicken & Spiced Potatoes

with Mixed Salad & Yoghurt

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Carrot



Tomato



Mint



Chicken Thigh



Mumbai Spice Blend



Brown Mustard Seeds



Mixed Salad Leaves



Yoghurt

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Low calorie

Eat me early

We can't work out which is best: the pop of brown mustard seeds on the roasted potato and fried onion, the gentle warmth of the spiced chicken or the burst and crunch of the tomato and carrot salad. You decide!

Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Red Wine)

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 |
| brown onion | 1 (medium) | 1 (large) |
| garlic | 2 cloves | 4 cloves |
| carrot | 1 | 2 |
| tomato | 2 | 4 |
| mint | 1 bunch | 1 bunch |
| chicken thigh | 1 packet | 1 packet |
| Mumbai spice blend | 1 sachet | 2 sachets |
| brown sugar* | ½ tsp | 1 tsp |
| brown mustard seeds | 1 sachet | 1 sachet |
| mixed salad leaves | 1 bag (30g) | 1 bag (60g) |
| vinegar* (white wine or red wine) | 1 tsp | 2 tsp |
| yoghurt | 1 small packet | 1 large packet |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2140kJ (512Cal) | 272kJ (65Cal) |
| Protein (g) | 42.6g | 5.4g |
| Fat, total (g) | 12.3g | 1.6g |
| - saturated (g) | 4.0g | 0.5g |
| Carbohydrate (g) | 47.9g | 6.1g |
| - sugars (g) | 16.9g | 2.2g |
| Sodium (mg) | 434mg | 55mg |

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 potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then roast until tender, **20-25 minutes**.

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



2. Get prepped

While the potato is roasting, thinly slice the **brown onion**. Finely chop the **garlic**. Grate the **carrot** (unpeeled). Roughly chop the **tomato**. Pick the **mint** leaves and finely chop. Cut the **chicken thigh** into 2cm strips. In a medium bowl, combine the **Mumbai spice blend**, **brown sugar** and a **drizzle of olive oil**, then season with **salt** and **pepper**. Add the **chicken** and toss to coat. Set aside.



3. Cook the onion

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion**, **brown mustard seeds** and a **pinch of salt** and **pepper**. Cook, stirring occasionally, until softened, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a second large bowl.



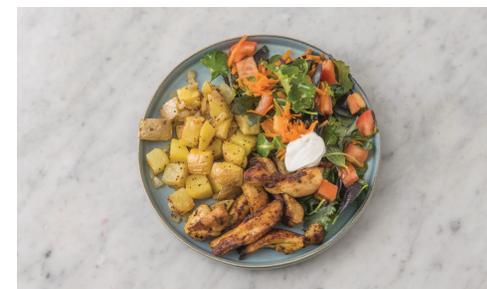
4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **chicken** strips and cook, tossing occasionally, until browned and cooked through, **3-4 minutes**.



5. Make the salad

In a large bowl, combine the **carrot**, **tomato**, **mixed salad leaves** and **mint**. Add the **vinegar** and a **drizzle of olive oil**, then toss to combine. Season to taste.



6. Serve up

Transfer the roasted potatoes to the bowl with the onion and mustard seeds, then toss to combine. Divide the North Indian chicken, spiced potatoes and salad between plates. Spoon over the **yoghurt**.

Enjoy!