



# Spiced Chicken & Tandoori Roasted Pumpkin

with Salad & Cucumber Raita

Grab your Meal Kit with this symbol



Tandoori Paste



Yoghurt



Peeled & Chopped Pumpkin



Garlic



Cucumber



Carrot



Mint



Mild North Indian Spice Blend



Chicken Thigh



Flaked Almonds



Baby Spinach Leaves



Hands-on: 25-35 mins  
Ready in: 30-40 mins



Low Calorie



Eat me early

Sure, we've all heard of tandoori chicken, but this tandoori roasted pumpkin is the game-changer we've been salivating for. Paired with lightly spiced chicken thighs and a cucumber raita to cool things down, this is a quirky take on an Indian classic done right.

## 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
tandoori paste	1 packet (50g)	1 packet (100g)
yoghurt	1 small packet	1 large packet
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
carrot	1	2
mint	1 bunch	1 bunch
mild North Indian spice blend	1 sachet	1 sachet
chicken thigh	1 packet	1 packet
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	1 tsp	2 tsp

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	1860kJ (444Cal)	299kJ (71Cal)
Protein (g)	40.0g	6.4g
Fat, total (g)	16.6g	2.7g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	28.9g	4.7g
- sugars (g)	21.0g	3.4g
Sodium (mg)	874mg	140mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.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 pumpkin

Preheat the oven to **240°C/220°C fan-forced**. In a large bowl, combine the **tandoori paste**, **yoghurt (1 tbs for 2 people / 2 tbs for 4 people)**, a **generous pinch of salt** and a **drizzle of olive oil**. Add the **peeled & chopped pumpkin** and toss to coat. Place the **pumpkin** on an oven tray lined with baking paper and spread in an even layer. Roast until tender, **20-25 minutes**.

**TIP:** If the pumpkin doesn't fit in a single layer, spread across two trays!



## 2. Get prepped

While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press). Finely chop the **cucumber**. Grate the **carrot** (unpeeled). Pick and finely chop the **mint** leaves.



## 3. Flavour the chicken

In a medium bowl, combine the **garlic**, **mild North Indian spice blend**, a **good pinch of salt** and a **drizzle of olive oil**. Add the **chicken thigh** and toss to coat.



## 4. Cook the chicken

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 plate. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **chicken** and cook, turning occasionally, until browned and cooked through, **10-14 minutes**. Set aside.

**TIP:** Don't worry if the spice blend chars a little in the pan, this adds to the flavour!

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



## 5. Make the sides

While the chicken is cooking, combine **1/2** the **cucumber**, **1/2** the **mint** and the **remaining yoghurt** in a small bowl. Season with **salt** and **pepper**. Set aside. In a second medium bowl, add the **carrot**, **baby spinach leaves**, **remaining cucumber** and **remaining mint**. Add the **white wine vinegar** and a **drizzle of olive oil**. Season with **salt** and **pepper** and toss to combine.



## 6. Serve up

Thickly slice the chicken. Divide the spiced chicken, tandoori roasted pumpkin and salad between plates. Spoon any resting juices over the chicken. Sprinkle over the toasted almonds and serve with the cucumber raita.

**Enjoy!**