



TANDOORI CHICKEN & CAULIFLOWER TRAYBAKE

with Mint Yoghurt



Make a fresh mint yoghurt



Garlic



Potato



Courgette



Cauliflower



Red Onion



Chicken Thigh



Tandoori Paste



Greek Yoghurt



Brown Mustard Seeds



Mint



Baby Spinach Leaves

Hands-on: **10-20 mins**
Ready in: **30-40 mins**

Eat me early

Low calorie

Traybakes are the superstars of no-fuss dinners. For this delicious dish, all you need to do is throw tandoori chicken and a solid array of veggies on a tray in the oven. Too easy!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Cut the **potato** (unpeeled) and **courgette** into 2cm chunks. Cut the **cauliflower** into small florets. Cut the **red onion** into 2cm wedges.



2 MARINATE THE CHICKEN

Place the **chicken thigh**, **garlic**, **tandoori paste** and **1/2 the Greek yoghurt** in a large bowl. Season generously with **salt** and **pepper** and toss to coat. Set aside.



3 ROAST THE CHICKEN & VEG

Place the **potato**, **courgette**, **cauliflower**, **onion** and **brown mustard seeds** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat and spread out evenly. Nestle the marinated **chicken thigh** between the **veggies** and spoon over any excess marinade from the bowl. Bake, tossing halfway through, until the veggies are tender and the chicken is cooked through, **20-25 minutes**. **TIP:** *The chicken and veggies may char, this adds to the flavour!*



4 MAKE THE MINT YOGHURT

While the chicken and veggies are baking, pick and roughly chop the **mint** leaves. Place the **mint** in a bowl with the **remaining Greek yoghurt**. Mix well and season to taste with **salt** and **pepper**.



5 BRING IT ALL TOGETHER

When the chicken and veggies are done, remove the tray from the oven and set the **chicken thigh** aside on a plate. Add the **baby spinach leaves** to the tray and toss to coat. Season to taste with **salt** and **pepper**.



6 SERVE UP

Thickly slice the chicken. Divide the roast veggies between plates and top with the tandoori chicken. Spoon over the mint yoghurt.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|---------------------|------------------|------------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| potato | 3 | 6 |
| courgette | 1 | 2 |
| cauliflower | 1 portion (200g) | 1 portion (400g) |
| red onion | 1 | 2 |
| chicken thigh | 1 packet | 1 packet |
| tandoori paste | 1 packet (50g) | 2 packets (100g) |
| Greek yoghurt | 1 packet (100g) | 2 packets (200g) |
| brown mustard seeds | 1 sachet | 2 sachets |
| mint | 1 bunch | 1 bunch |
| baby spinach leaves | 1 bag (60g) | 1 bag (120g) |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|---------------|
| Energy (kJ) | 2240kJ (534Cal) | 274kJ (65Cal) |
| Protein (g) | 45.2g | 5.5g |
| Fat, total (g) | 15.5g | 1.9g |
| - saturated (g) | 4.2g | 0.5g |
| Carbohydrate (g) | 47.7g | 5.8g |
| - sugars (g) | 14.8g | 1.8g |
| Sodium (g) | 812mg | 100mg |

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2020 | WK07

