



INDIAN CHICKEN & VEG TRAYBAKE

with Mango Yoghurt



HELLO ALMOND

It takes more than 1.2 million bee hives to pollinate California's almond crop (over 550,000 acres).



Garlic Clove



Natural Yoghurt



Mango Chutney



Turmeric



Garam Masala



Easy Ginger



Potato



Red Onion



Red Pepper



Chicken Drumstick



Cherry Plum Tomatoes



Coriander



Green Chilli



Flaked Almonds

MEAL BAG

Hands on: **20** mins
Total: **40** mins

Family Box

2 of your
5 a day

Little heat



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, some **Foil**, a **Fine Grater** (or **Garlic Press**) and **Mixing Bowl**. Now, let's get cooking!



1 MAKE THE MARINADE

Preheat your oven to 200°C and line a large baking tray with foil (you may need two). Peel and grate the **garlic** (or use a garlic press). In a mixing bowl, mix together **half** the **yoghurt**, **half** the **mango chutney**, the **turmeric**, **garam masala**, **garlic** and **easy ginger**. Season with a good pinch of **salt** and **pepper**.



2 PREP TIME

Chop the **potato** into 2cm chunks (no need to peel). Peel the **onion** and chop into quarters. Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces. Pop the **chicken**, **potato**, **onion** and **pepper** in the bowl with the **marinade** and use your hands to thoroughly mix everything together. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



3 ROAST

Transfer the entire contents of the bowl to your prepared baking tray(s) and spread out so it is in one even layer. **★ TIP:** Don't overcrowd the tray - everything needs enough space to get nice and crispy so use two trays if necessary. Roast on the top shelf of your oven until everything is cooked and nicely crisp, turning halfway through cooking, 30-35 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



4 FINISH UP

While the **traybake** is in the oven, chop the **cherry tomatoes** in half. Roughly chop the **coriander** (stalks and all). Halve, deseed and finely chop the **chilli**.



5 YOGHURT TIME

Pop the remaining **yoghurt** and **mango chutney** in a small bowl and stir together. When the **traybake** is cooked, remove it from the oven and scatter over the **cherry tomatoes**. Toss to combine all the flavours then get ready to serve.



6 SERVE

Divide the **traybake** between your plates. For a milder flavour, serve with a dollop of **mango yoghurt**. For something more punchy, stir the **coriander** and **chilli** (use as much or as little as you like!) through the **mango yoghurt** and dollop on top of the **chicken and veggies**. Scatter with **flaked almonds**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Garlic Clove	1	1	2
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch
Mango Chutney	1 pot	1½ pots	2 pots
Turmeric	1 pot	1½ pots	2 pots
Garam Masala	1 small pot	¾ large pot	1 large pot
Easy Ginger	½ sachet	¾ sachet	1 sachet
Potato	1 small pack	1 large pack	2 small packs
Red Onion	1	2	2
Red Pepper *	1	2	2
Chicken Drumstick *	4	6	8
Cherry Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Coriander *	1 bunch	1 bunch	1 bunch
Green Chilli *	½	½	½
Flaked Almonds 2)	1 bag	1 bag	1 bag

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 774G	PER 100G
Energy (kcal)	842	109
(kJ)	3523	455
Fat (g)	35	4
Sat. Fat (g)	8	1
Carbohydrate (g)	73	9
Sugars (g)	27	4
Protein (g)	64	8
Salt (g)	0.95	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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