



Spiced Yoghurt Coated Chicken

with Roasted Squash, Cabbage, Broccoli and Curry Garlic Sauce

Calorie Smart 40 Minutes • 2 of your 5 day • Under 600 Calories

28



Butternut Squash



Ground Coriander



Coriander



Broccoli



Rogan Josh Paste



Greek Yoghurt



Diced Chicken Thigh



Garlic Clove



Shredded Savoy Cabbage

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Bowl and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|--------------------------|----------|------------|-----------|
| Butternut Squash** | 1 | 1 | 2 |
| Ground Coriander | 1 sachet | 1 sachet | 2 sachets |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Broccoli** | ¾ | 1 | 1½ |
| Rogan Josh Paste | 1 sachet | 1½ sachets | 2 sachets |
| Greek Yoghurt 7)** | 75g | 100g | 150g |
| Diced Chicken Thigh** | 280g | 420g | 560g |
| Garlic Clove | 2 | 3 | 4 |
| Shredded Savoy Cabbage** | 100g | 150g | 200g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 690g | 100g |
| Energy (kJ/kcal) | 2212/529 | 321/77 |
| Fat (g) | 24 | 3 |
| Sat. Fat (g) | 7 | 1 |
| Carbohydrate (g) | 36 | 5 |
| Sugars (g) | 20 | 3 |
| Protein (g) | 40 | 6 |
| Salt (g) | 2.37 | 0.34 |

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Roast the Squash

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the seeds. Chop it widthways into 2cm slices, then chop into 2cm chunks (no need to peel). Pop the **squash** on a large baking tray and drizzle with **oil**. Season with **salt** and **pepper** and sprinkle over the **ground coriander**. Toss to coat and spread out in a single layer. Roast on the top shelf of your oven until golden and tender, 30-35 mins. Turn halfway through cooking.



Fry the Cabbage

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **cabbage** and season with **salt** and **pepper**. Fry until softened and slightly charred, 4-5 mins. Only stir 2-3 times during this time to allow it to char nicely. Remove the pan from the heat and cover with a lid or foil to keep warm.



Prep the Chicken

Roughly chop the **coriander** (stalks and all). Separate the **broccoli** into **florets**. Line a large baking tray with foil. Reserve 1 teaspoon of **rogan josh paste**, and pop the rest into a bowl and add a **third** of the **yoghurt**. Season with **salt** and **pepper** and stir together. Add the **chicken**, stir to coat, then pop on 1 side of a baking tray in a single layer. **IMPORTANT: Wash your hands after handling raw chicken and its packaging.** Pop the **broccoli** on the other side of the baking tray. Drizzle with **oil** and season with **salt** and **pepper**.



Yoghurt Time

Pop the remaining **yoghurt** into a bowl with the reserved **curry paste**, season with **salt** and **pepper** and mix together. When the **garlic** is cooked, carefully remove it from your baking tray and remove from the tin foil. Mash on your board with a fork and stir it into the **yoghurt**.



Roast

Peel the **garlic** clove and pop into a square of foil with a drizzle of **oil** and scrunch to enclose it. Pop on the tray with the **chicken** and **broccoli**. Roast the **chicken** and **broccoli** on the middle shelf of your oven until the **chicken** is cooked through and the **broccoli** is tender, 12-15 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Jumble and Serve

Once everything is cooked, add the **broccoli**, **chicken** and **cabbage** to the tray with the **squash** and mix to combine. Add in a splash of the **water** to the **curried garlic yoghurt** to thin it out, and mix. Serve in bowls and drizzle over the **spiced yoghurt**. Sprinkle over the chopped **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

