

Quick Mumbai Chicken & Roast Veggie Curry

with Baby Broccoli & Garlic Flatbread

Grab your Meal Kit with this symbol



Baby Broccoli



Carrot



Onion



Garlic



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Chicken-Style Stock Powder



Flatbreads



Baby Spinach Leaves



Diced Chicken

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

These garlicky flatbreads need to be dipped and soaked in the ultimate curry, so we present to you just that! A creamy yet spiced curry with two spice blend powerhouses, the Mumbai and mild North Indian spice blend. Add the chicken and veggies and you're ready to get those flatbreads dipped and this curry served.

Pantry items

Olive Oil, Butter

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
baby broccoli	1 bag	1 bag
carrot	1	2
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
diced chicken	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 sachet	1 sachet
coconut milk	1 box (200ml)	2 tins (330ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	1 cup	2 cups
butter*	15g	30g
flatbreads	2	4
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2991kJ (715Cal)	506kJ (121Cal)
Protein (g)	43.7g	7.4g
Fat, total (g)	29.4g	5g
- saturated (g)	22.3g	3.8g
Carbohydrate (g)	68g	11.5g
- sugars (g)	12.1g	2g
Sodium (mg)	1661mg	281mg

The quantities provided above are averages only.

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 veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Trim **baby broccoli** then slice in half lengthways. Cut **carrot** into bite-sized chunks. Slice **onion** into thin wedges. Finely chop **garlic**.
- Place **carrot** and **onion** on a lined oven tray, drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **15-20 minutes**.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

3



Bake the garlic flatbread

- In a small heatproof bowl, microwave the **butter** and remaining **garlic** in **10 second** bursts, until melted. Season with **salt**.
- Spread **garlic butter** over one side of **flatbread**.
- Place **flatbread** directly on an oven wire rack and bake until warmed through, **3-5 minutes**.

Little cooks: Kids can help spread the garlic butter.

2



Make the curry

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **Mumbai spice blend**, **mild North Indian spice blend**, **baby broccoli** and 1/2 the **garlic** and cook until fragrant, **1 minute**.
- Add **coconut milk**, **chicken-style stock powder** and the **water**. Stir to combine and bring to the boil. Reduce heat to medium and simmer until slightly reduced, **2-3 minutes**.

4



Serve up

- Remove curry from heat and stir through roast veggies and **baby spinach leaves**. Season to taste.
- Divide mild Mumbai chicken and roast veggie curry between bowls.
- Serve with garlic flatbread. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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