



TANDOORI CHICKEN & CAULIFLOWER TRAYBAKE

with Mint-Cucumber Raita



Bake chicken and veggies on the same tray



Garlic



Sweet Potato



Cauliflower



Brown Onion



Chicken Thigh



Tandoori Paste



Greek Yoghurt



Brown Mustard Seeds



Cucumber



Mint



Baby Spinach Leaves

Pantry Staples: Olive Oil

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

Low calorie

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Traybakes are the superstars of no-fuss dinners. For this delicious dish, all you need to do is put cauliflower, sweet potato, onion and tandoori chicken on a tray in the oven. Too easy!

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 **sweet potato** (unpeeled) into 2cm chunks. Chop the **cauliflower** into small florets. Cut the **brown onion** into 2cm wedges.



2 ADD FLAVOUR TO 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.



3 BAKE THE CHICKEN & VEGGIES

Place the **sweet potato**, **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 **chicken thigh** between the veggies and spoon over any excess marinade from the pan. 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, but this just adds to the flavour!*



4 MAKE THE CUCUMBER RAITA

While the chicken and veggies are baking, very finely chop (or grate) the **cucumber**. Pick and roughly chop the **mint** leaves. Place the **cucumber** and **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. Transfer the **chicken** to a plate and set aside. Add the **baby spinach leaves** to the tray and toss to combine. Season to taste with **salt** and **pepper**.



6 SERVE UP

Thickly slice the chicken. Divide the roast veggie toss between plates and top with the tandoori chicken. Spoon over the cucumber raita.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
sweet potato	2	4
cauliflower	1 portion (200g)	1 portion (400g)
brown 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
cucumber	1	2
mint	1 bunch	1 bunch
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2210kJ (528Cal)	291kJ (70Cal)
Protein (g)	45.5g	6.0g
Fat, total (g)	15.9g	2.1g
- saturated (g)	4.5g	0.6g
Carbohydrate (g)	45.4g	6.0g
- sugars (g)	23.9g	3.1g
Sodium (g)	841mg	111mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2020 | WK03

