



Creamy Indian Chicken Curry

with Sweet Potato & Basmati Rice

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Basmati Rice



Tomato Paste



Mumbai Spice Blend



Baby Spinach Leaves



Chicken Thigh



Ginger Paste



Greek-Style Yoghurt



Light Cooking Cream



Diced Chicken Breast

Prep in: **15-25 mins**
Ready in: **35-45 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Roasted sweet potato and baby spinach join tender chicken in a mild, creamy curry that's a delight for the senses. We've also added zingy ginger and cooling yoghurt to deliver a meal that's sure to be a new favourite.

Eat Me Early

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, 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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
garlic	1 clove	2 cloves
chicken thigh	1 small packet	1 large packet
basmati rice	1 medium packet	1 large packet
ginger paste	½ medium packet	1 medium packet
tomato paste	1 packet	2 packets
Mumbai spice blend	1 medium sachet	1 large sachet
water*	1½ tbs	3 tbs
light cooking cream	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
butter*	20g	40g
baby spinach leaves	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
diced chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3633kJ (868Cal)	683kJ (163Cal)
Protein (g)	46.3g	8.7g
Fat, total (g)	35.8g	6.7g
- saturated (g)	17.2g	3.2g
Carbohydrate (g)	87.6g	16.5g
- sugars (g)	17.9g	3.4g
Sodium (mg)	922mg	173mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3545kJ (847Cal)	673kJ (161Cal)
Protein (g)	48.2g	9.2g
Fat, total (g)	32.5g	6.2g
- saturated (g)	16.2g	3.1g
Carbohydrate (g)	87.9g	16.7g
- sugars (g)	18g	3.4g
Sodium (mg)	907mg	172mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Roast the sweet potato

- Preheat oven to **240°/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the sweet potato between two trays.

Little cooks: Help toss the sweet potato!



Start the curry

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a bowl.
- Return pan to medium-high heat with another drizzle of **olive oil**, if needed. Cook **ginger paste** (see ingredients), **garlic**, **tomato paste** and **Mumbai spice blend**, stirring, until fragrant, **1 minute**. Add the **water**, **light cooking cream**, the **brown sugar** and a generous pinch of **salt**. Stir to combine.

Custom Recipe: If you've upgraded to diced chicken, prepare pan as above. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue as above.



Get prepped

- Meanwhile, finely chop **garlic**.
- Cut **chicken thigh** into 2cm chunks.



Finish the curry

- Remove from heat, then return **chicken** (plus any resting juices!) to the pan.
- Add the **butter**, **baby spinach leaves** and roasted **sweet potato**. Cook, stirring, until combined and spinach is wilted, **1 minute**. Season to taste.



Get prepped

- Boil the kettle.
- Half-fill a medium saucepan with the boiled **water**.
- Add **basmati rice** and a pinch of **salt**, then cook, uncovered, over high heat until tender, **12 minutes**.
- Drain, then cover to keep warm.



Serve up

- Divide basmati rice between bowls. Top with creamy Indian chicken curry.
- Dollop over **Greek-style yoghurt** to serve. Enjoy!

Little cooks: Add the finishing touch by dolloping over the yoghurt!

Rate your recipe

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