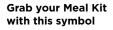# Hello Fresh

Creamy Indian Chicken & Red Lentil Curry
with Chapati Flatbread

Sweet Potato

Brown Onion

Ginger

Long Red Chilli (Optional)

Chicken Thigh

Red Lentils

Mumbai Spice Blend

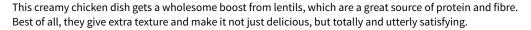Coconut Milk

Tomato Paste

Chicken Stock

Baby Spinach Leaves

Chapati Wraps

Pantry items

Olive Oil

Hands-on: 10-20 mins
Ready in: 35-45 mins

Eat me early

Spicy (optional long red chilli)

This creamy chicken dish gets a wholesome boost from lentils, which are a great source of protein and fibre. Best of all, they give extra texture and make it not just delicious, but totally and utterly satisfying.

R4

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
Medium saucepan with a lid ·
Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
brown onion	1	2
ginger	1 knob	2 knobs
long red chilli (optional)	½	1
chicken thigh	1 packet	1 packet
red lentils	1 packet	2 packets
Mumbai spice blend	1½ sachets	3 sachets
water*	1⅓ cups	3⅓ cups
coconut milk	1 tin (270ml)	1 tin (400ml)
tomato paste	1 sachet	2 sachets
chicken stock	1 cube	2 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)
chapati wraps	2	4

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4437kJ (1060Cal)	637kJ (152Cal)
Protein (g)	59.3g	8.5g
Fat, total (g)	52.3g	7.5g
- saturated (g)	33.2g	4.8g
Carbohydrate (g)	76.9g	11g
- sugars (g)	20.8g	3g
Sodium (mg)	1319mg	189mg

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.

1. Roast the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **sweet potato** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time. TIP: If the curry looks a little dry, add a splash of water.

2. Get prepped

While the **sweet potato** is roasting, finely chop the **brown onion.** Finely grate the **ginger**. Thinly slice the **long red chilli (**if using). Cut the **chicken thigh** into 2cm chunks. Rinse the **red lentils**.

3. Start the curry

In a medium saucepan, heat a **drizzle** of **olive oil** over a high heat. Add the **chicken** and cook, tossing, until browned and cooked through, **3-4 minutes**. Season with **salt** and **pepper** and transfer to a plate. Return the pan to a medium-high heat with a **drizzle** more **olive oil**, then add the **onion** and cook until soft, **3-4 minutes**. Add the **ginger** and **Mumbai spice blend (see ingredients list)**. Cook, stirring, until fragrant, **1 minute**. Add the **water**, **coconut milk**, **tomato paste** and the crumbled **chicken stock (1 cube for 2 people / 2 cubes for 4 people)**. Stir to combine.

4. Simmer the curry

Add the **red lentils** to the saucepan along with a **pinch** of **salt** and **pepper**. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook until the lentils are softened, **20-22 minutes**.

TIP: If the curry looks a little dry, add a splash of water.

5. Make the chapati flatbreads

When the **curry** has **10 minutes** cook time remaining, brush or spray the **chapati wraps (see ingredients list)** with **olive oil**. Slice the wraps into 2cm strips, then add to the oven tray with the **sweet potato** to toast, **5-8 minutes**. Add the **baby spinach leaves**, **chicken** (plus any **resting juices**) and **roasted sweet potato** to the curry, then stir until warmed through. Season to taste with **salt** and **pepper**.

6. Serve up

Divide the Indian chicken and red lentil curry between bowls. Sprinkle with the chilli (if using). Serve with the chapati flatbread.

Enjoy!