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WK36
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Turmeric Chicken with Indian Potatoes

This turmeric chicken is bright yellow in celebration of our Indian spiced potatoes. So tasty, so much flavour, so much yes! Add a dollop of yoghurt and a squeeze of lemon, and everyone's ready to party.



Prep: 15 mins

Cook: 35 mins

Total: 50 mins



level 1



high
protein



eat me
early

Pantry Items



Olive Oil



Water



Turmeric



Greek Yoghurt



Chicken Breast



Potatoes



Brown Onion



Garlic



Ginger



Mild Curry Powder



Cavolo Nero



Lemon

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2P	4P	Ingredients
1 sachet	2 sachets	turmeric
1 tub	2 tubs	Greek yoghurt
2 fillets	4 fillets	chicken breast
400 g	800 g	potatoes, unpeeled & cut into 2 cm pieces
1 tbs	2 tbs	olive oil *
½	1	brown onion, finely sliced
1 clove	2 cloves	garlic, peeled & crushed
1 knob	2 knobs	ginger, peeled & finely grated
⅓ sachet	1 ½ sachets	mild curry powder (recommended amount)
1 bunch	2 bunches	cavolo nero, stems removed & finely sliced
2 tbs	4 tbs	water *
½	1	lemon, cut into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	2070	Kj
Protein	41.8	g
Fat, total	18.8	g
-saturated	5.3	g
Carbohydrate	36.1	g
-sugars	8.5	g
Sodium	292	mg

2a



You will need: *chef's knife, chopping board, garlic crusher, fine grater, medium bowl, tongs, medium saucepan, colander, medium ovenproof frying pan, medium frying pan and wooden spoon.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 In a medium bowl combine the **turmeric** and half of the **Greek yoghurt**. Season with **salt** and **pepper**. Add the **chicken** and toss to coat well. Set aside for **10 minutes**.

3 Place the **potato** into a medium saucepan of water and bring to the boil. Cook for **15 minutes**, or until tender. Drain.

4 Place a medium ovenproof frying pan over a medium-high heat. Add the **chicken** and cook for **2 minutes** on each side and then transfer to the oven for **10 minutes**.

5 Meanwhile heat the **olive oil** in a medium frying pan over a medium heat. Add the **brown onion**, and cook stirring for **5 minutes** or until soft. Add the **garlic**, **ginger** and **mild curry powder** and cook, stirring, for **1 minute** or until fragrant. Add the drained potato, **cavolo nero** and **water** to the pan and cook, stirring to coat well in the aromatics and curry powder. Cook for **1-2 minutes** or until the cavolo nero is wilted. Squeeze with the juice of half of the **lemon wedges**.

6 To serve, divide the Indian potatoes and turmeric chicken between plates. Dollop with the remaining Greek yoghurt and drizzle with a squeeze of lemon.

2b



5a



5b



Did you know? People have been enjoying yoghurt for at least 5,500 years!