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Bengal Chicken Curry with Yoghurt & Lime

This fresh, fragrant curry gets its flavour from the delicious, preservative-free Bengal curry paste. A mild yet tasty base of ginger, chilli, turmeric and fenugreek seeds is revived with fresh lime and creamy yoghurt, all on a bed of pillowy rice. Divine!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



eat me
early



spicy

Pantry Items



Olive Oil



Water



Chicken Breast



Brown Onion



Bengal Curry
Paste



Sweet Potato



Zucchini



Yoghurt



Jasmine Rice



Lime

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2P	4P	Ingredients
2 tsp	1 tbs	olive oil *
2 fillets	4 fillets	chicken breast, diced into 2 cm pieces
½	1	brown onion, finely sliced
2 tbs	4 tbs	Bengal curry paste
300 g	600 g	sweet potato, peeled & cut into 2 cm cubes
1	2	zucchini, cut into 1 cm thick chunks
¼ cup	½ cup	warm water *
1 tub	2 tubs	yoghurt
¾ cup	1 ½ cups	Jasmine rice, rinsed well
3 cups	6 cups	water *
½	1	lime, cut into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3180	Kj
Protein	51.7	g
Fat, total	16.7	g
-saturated	4.9	g
Carbohydrate	96.5	g
-sugars	23.4	g
Sodium	725	mg



You will need: *chef's knife, chopping board, vegetable peeler, sieve, medium frying pan with a lid, and a medium saucepan.*

1 Heat half of the **olive oil** in a medium frying pan over a medium-high heat. Add the **diced chicken breast fillets** and cook stirring for **3-5 minutes** or until browned. Remove from the pan and set aside.

2 Heat the remaining oil in the same frying pan back over a medium-high heat. Add the **brown onion** and cook, stirring, for **3 minutes** or until soft. Add the **Bengal curry paste** and cook, stirring, for **1 minute** or until fragrant. Add the **sweet potato** and **zucchini** and cook, stirring, for **5 minutes** or until just tender. Return the chicken to the pan with the **warm water** and stir to coat in the curry paste. Reduce the heat to low and simmer, covered, for **15 minutes** or until the chicken is cooked through and the sweet potato is tender. Remove the pan from the heat and stir through half of the **yoghurt**.

3 Meanwhile, place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.

4 Divide the rice and curry between bowls, dollop with the remaining yoghurt and serve with the **lime wedges**.



Did you know? Bengal, in India, is one of the most densely populated regions on Earth and boasts particularly scrumptious dishes, just like this curry!