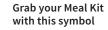


Creamy Indian Chicken Curry with Sweet Potato & Basmati Rice

KID FRIENDLY









Sweet Potato







Green Beans



Chicken Thigh





Tomato Paste



Mumbai Spice Blend



Light Cooking





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

Roasted sweet potato and baby spinach join tender chicken in a mild, creamy curry that's a delight for the senses. We've also



Eat Me Early

added zingy ginger and cooling yoghurt to deliver a meal that's sure to be a new favourite.

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
1	2
1 medium packet	1 large packet
1 clove	2 cloves
1 small bag	1 medium bag
1 small packet	2 small packets OR 1 large packet
½ medium packet	1 medium packet
1 packet	1 packet
1 medium sachet	2 medium sachets OR 1 large sachet
1 ½ tbs	3 tbs
1 medium packet	1 large packet
½ tbs	1 tbs
20g	40g
1 medium packet	1 large packet
1 small packet	2 small packets OR 1 large packet
	refer to method 1 1 medium packet 1 clove 1 small bag 1 small packet ½ medium packet 1 packet 1 medium sachet 1 ½ tbs 1 medium packet ½ tbs 20g 1 medium packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3702kJ (884Cal)	684kJ (163Cal)
Protein (g)	43.2g	8g
Fat, total (g)	38.5g	7.1g
- saturated (g)	18g	3.3g
Carbohydrate (g)	89.5g	16.5g
- sugars (g)	19g	3.5g
Sodium (mg)	755mg	139mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4530kJ (1082Cal)	641kJ (153Cal)
Protein (g)	73.5g	10.4g
Fat, total (g)	46.9g	6.6g
- saturated (g)	20.5g	2.9g
Carbohydrate (g)	89.5g	12.7g
- sugars (g)	19g	2.7g
Sodium (mg)	856mg	121mg

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°C/220°C fan-forced. Cut sweet potato into bite-sized chunks.
- Place **sweet potato** 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!



Cook the curry

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken and green beans, 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.
- Remove from heat, then return chicken and green beans (plus any resting) juices!) to the pan. Add the butter and roasted sweet potato. Cook, stirring, until combined and spinach is wilted, **1 minute**. Season to taste.

Custom Recipe: Cook chicken in batches for the best results.



Cook the rice & get prepped

- While the sweet potato is roasting, 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.
- Meanwhile, finely chop garlic. Trim green beans. Cut chicken thigh into 2cm chunks.

Custom Recipe: If you've doubled your chicken thigh, prepare chicken as above.



Serve up

- Divide basmati rice between bowls. Top with creamy Indian chicken curry.
- Serve with a dollop of Greek-style yoghurt. Enjoy!

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate