



Creamy Indian Chicken Curry

with Sweet Potato & Basmati Rice

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Basmati Rice



Garlic



Green Beans



Chicken Thigh



Ginger Paste



Tomato Paste



Mumbai Spice Blend



Light Cooking Cream



Greek-Style Yoghurt



Chicken Thigh

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

Eat Me Early

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.

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

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
olive oil*	refer to method	refer to method
sweet potato	1	2
basmati rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
green beans	1 small bag	1 medium bag
chicken thigh	1 small packet	2 small packets OR 1 large packet
ginger paste	½ medium packet	1 medium packet
tomato paste	1 packet	1 packet
Mumbai spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
water*	1 ½ tbs	3 tbs
light cooking cream	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
butter*	20g	40g
Greek-style yoghurt	1 medium packet	1 large packet
chicken thigh**	1 small packet	2 small packets OR 1 large 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!

Rate your recipe

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