



Chicken & Veggie Korma Curry Pie

with Mashed Potato Topping

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Tomato



Carrot



Brown Onion



Chicken Breast



Mumbai Spice Blend



Mild Curry Paste



Coconut Milk



Chicken-Style Stock Powder



Baby Spinach Leaves



Brown Mustard Seeds



Chicken Breast

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



Carb Smart*

*Custom Recipe is not Carb Smart

Eat Me Early

A curry pie is the blend of two perfect warm dishes coming together to deliver us a hearty dinner. Korma curry is peppered with chicken and a rich variety of veggies and topped off with potato mash to hold all the delicious flavours in a pie that will be gobbled up in no time.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk

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

Medium saucepan with a lid · Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	30g	60g
milk*	2 tbs	¼ cup
tomato	1	2
carrot	1	2
brown onion	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
mild curry paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
brown mustard seeds	1 sachet	2 sachets
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2620kJ (626Cal)	417kJ (100Cal)
Protein (g)	45.8g	7.3g
Fat, total (g)	33.8g	5.4g
- saturated (g)	23.7g	3.8g
Carbohydrate (g)	33.4g	5.3g
- sugars (g)	19.5g	3.1g
Sodium (mg)	2259mg	359mg
Dietary Fibre (g)	11.5g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3334kJ (797Cal)	420kJ (100Cal)
Protein (g)	82.4g	10.4g
Fat, total (g)	36.3g	4.6g
- saturated (g)	24.5g	3.1g
Carbohydrate (g)	33.6g	4.2g
- sugars (g)	19.5g	2.5g
Sodium (mg)	2329mg	293mg

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



Make the mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the saucepan.
- Add the **butter** and **milk** to the potato and season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!

Little cooks: Get those muscles working and help mash the potatoes!



Cook the veggies

- Preheat grill to medium-high. Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, **carrot** and **tomato**, stirring, until tender, **5-6 minutes**.
- Add **mild curry paste** and cook until fragrant, **1 minute**.
- Add **coconut milk** and **chicken-style stock powder**. Stir to combine and simmer until slightly reduced, **2-3 minutes**.
- Remove from heat, then add **baby spinach leaves** and **chicken**, stirring until combined.

TIP: Add a splash water if the mixture looks too thick.



Get prepped

- While potato is cooking, roughly chop **tomato**.
- Roughly chop **carrot** into bite-sized chunks.
- Thinly slice **brown onion**.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **Mumbai spice blend** and a drizzle of **olive oil**. Add **chicken** and toss to coat.

Little cooks: Take charge by tossing the chicken in the spice blend!

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



Grill the pie

- Transfer **chicken curry** to a medium baking dish.
- Evenly spread **mashed potato** over the top. Add **brown mustard seeds** on top of mash.
- Grill **pie** until lightly golden, **8-10 minutes**.

TIP: Grills cook fast, so keep an eye on the pie!



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a bowl.

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



Serve up

- Divide chicken and veggie korma curry pie between plates to serve. Enjoy!

Rate your recipe

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