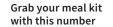


# Creamy Indian Chicken Curry with Sweet Potato & Basmati Rice

KID FRIENDLY











**Sweet Potato** 



**Brown Onion** 

Basmati Rice





Green Beans







Ginger Paste



Mumbai Spice



Tomato Paste



Greek-Style Yoghurt





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

# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
brown onion	1/2	1
basmati rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
green beans	1 small packet	1 medium packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
ginger paste	½ medium packet	1 medium packet
tomato paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
water*	1½ tbs	3 tbs
thickened cream	1 medium packet	2 medium packets
brown sugar*	½ tbs	1 tbs
butter*	20g	40g
Greek-style yoghurt	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

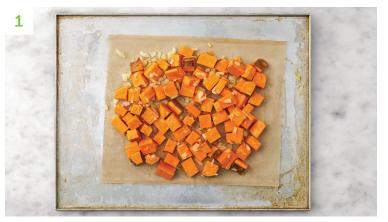
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3806kJ (910Cal)	603kJ (144Cal)
Protein (g)	44.3g	7g
Fat, total (g)	38.5g	6.1g
- saturated (g)	17.9g	2.8g
Carbohydrate (g)	94.9g	15g
- sugars (g)	24.3g	3.8g
Sodium (mg)	763mg	121mg
Dietary Fibre (g)	16.1g	2.5g

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.



## Roast the sweet potato

- Preheat oven to 240°/220°C fan-forced. Cut sweet potato into bite-sized chunks. Peel and roughly chop brown onion.
- Place sweet potato and onion on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast until tender, 20-25 minutes

**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. Cook ginger paste (see ingredients), garlic, tomato paste and Mumbai spice blend, stirring, until fragrant, 1 minute. Stir in the water, thickened cream, the brown sugar and a generous pinch of salt.
- Remove from heat, then return chicken and green beans to the pan. Stir in the butter and roasted sweet potato. Cook until combined, 1 minute.



# 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.



## 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!



