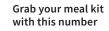


Chicken & Veggie Korma Curry Pie with Mash Potato Topping

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR













Carrot



Brown Onion





Chicken Breast



Mild Curry



Coconut Milk

Paste



Baby Spinach



Brown Mustard Leaves Seeds





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

Eat Me Early





Protein Rich

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.

Pantry items Olive Oil, Butter, Milk

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

Medium saucepan · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	30g	60g
milk*	2 tbs	1/4 cup
tomato	1	2
carrot	1	2
brown onion	1	2
chicken breast	1 medium packet	2 medium 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
salt*	1/4 tsp	½ tsp
baby spinach leaves	1 small packet	1 medium packet
brown mustard seeds	1 sachet	2 sachets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2653kJ (634cal)	209kJ (50cal)
Protein (g)	45.8g	3.6g
Fat, total (g)	34.6g	2.7g
- saturated (g)	24.5g	1.9g
Carbohydrate (g)	33.6g	2.6g
- sugars (g)	19.5g	1.5g
Sodium (mg)	2261mg	178.3mg
Dietary Fibre (g)	11.6g	0.9g

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.



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 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 the salt. 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 is 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!



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, 5-6 minutes. Transfer to a bowl.



Grill the pie

- · Transfer chicken curry to a baking dish.
- Evenly spread mash potato over the top. Sprinkle brown mustard seeds over mash.
- Grill pie until lightly golden, 8-10 minutes.

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



Serve up

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







If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

