



# Chicken & Veggie Korma Curry Pie

with Mash Potato Topping

WINTER WARMERS

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



Potato



Tomato



Carrot



Brown Onion



Chicken Breast



Mumbai Spice Blend



Mild Curry Paste



Coconut Milk



Baby Spinach Leaves



Brown Mustard Seeds



Chicken Breast



Chicken Tenderloins

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

Carb Smart

Protein Rich

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.

### 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	30g	60g
<b>milk*</b>	2 tbs	¼ 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
<b>salt*</b>	¼ 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](https://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

2024 | CW34



## 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!



## 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!



## 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.



## Serve up

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

### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

