

Indian Chicken & Sweet Potato Curry

with Basmati Rice & Yoghurt

KID FRIENDLY

Grab your meal kit with this number

14



Sweet Potato



Brown Onion



Basmati Rice



Garlic



Green Beans



Chicken Thigh



Ginger Paste



Tomato Paste



Mumbai Spice Blend



Light Cooking Cream



Greek-Style Yoghurt



Chicken Breast



Chicken Thigh

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

Eat Me Early

Roasted sweet potato and green beans 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.

Pantry items

Olive Oil, Brown Sugar, Butter

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 · 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 |
| brown onion | ½ | 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 |
| 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 |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 3799kJ (908cal) | 296kJ (71cal) |
| Protein (g) | 44.3g | 3.4g |
| Fat, total (g) | 38.4g | 3g |
| - saturated (g) | 17.9g | 1.4g |
| Carbohydrate (g) | 94.8g | 7.4g |
| - sugars (g) | 24.4g | 1.9g |
| Sodium (mg) | 762mg | 59.3mg |
| Dietary Fibre (g) | 16.2g | 1.3g |

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°/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Peel and finely chop **brown onion** (see ingredients).
- 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 (and 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**, **light cooking cream**, **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**.

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



Cook the rice

- 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 Indian chicken and sweet potato curry.
- Serve with a dollop of **Greek-style yoghurt**. Enjoy!

Little cooks: Add the finishing touch by dolloping over the yoghurt!

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

