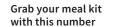


Indian Chicken & Sweet Potato Curry

with Basmati Rice & Yoghurt

KID FRIENDLY









Brown Onion



Basmati Rice







Green Beans

Chicken Thigh







Ginger Paste

Tomato Paste



Mumbai Spice

Light Cooking Cream



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

3		
	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
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 100g Per Serving Energy (kJ) 3799kJ (908cal) 296kJ (71cal) 3.4g Protein (g) 44.3g 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.



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
 (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, 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.



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!



Scan here if you have any questions or concerns



CUSTOM OPTIONS

SWAP TO CHICKEN BREAST
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



DOUBLE CHICKEN THIGHFollow method above, cooking in batches if necessary.

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

