

# Indian Chicken & Sweet Potato Curry

with Rice & Yoghurt

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

13



Sweet Potato



Brown Onion



White Rice



Garlic



Green Beans



Chicken Thigh



Ginger Paste



Tomato Paste



Mumbai Spice Blend



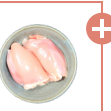
Light Cooking Cream



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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
brown onion	½	1
white rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1¼ cups	2½ cups
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
<b>water*</b> (for the curry)	1½ tbs	3 tbs
light cooking cream	1 medium packet	1 large packet
<b>brown sugar*</b>	½ tbs	1 tbs
<b>butter*</b>	20g	40g
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3756kJ (898cal)	594kJ (94cal)
Protein (g)	44.7g	7.1g
Fat, total (g)	39.1g	6.2g
- saturated (g)	18.7g	3g
Carbohydrate (g)	91g	14.4g
- sugars (g)	24.8g	3.9g
Sodium (mg)	762mg	120.6mg
Dietary Fibre (g)	9.2g	1.5g

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](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 | CW50



1



## 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!

3



## 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 (for the curry)**, **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.

2



## Cook the rice & get prepped

- While the sweet potato is roasting, rinse and drain **white rice**.
- Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add **rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.
- Meanwhile, finely chop **garlic**. Trim **green beans**. Cut **chicken thigh** into 2cm chunks.

4



## Serve up

- Divide 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.

