



# BENGAL CHICKEN CURRY

with Yoghurt & Lime



Make a creamy yet healthy curry sauce



Free Range Chicken Breast



Brown Onion



Sweet Potato



Zucchini



Lime



Bengal Curry Paste



Greek Yoghurt



Basmati Rice

### Pantry Staples



Olive Oil



Water

Hands-on: **30 mins**  
Ready in: **45 mins**

Eat me early

This fresh, fragrant curry gets its flavour from the delicious, Indian inspired Bengal curry paste. A mild yet tasty base of ginger, chilli, turmeric and fenugreek seeds is revived with fresh lime and creamy yoghurt, all on a bed of pillowy rice. Divine!

# BEFORE YOU START

You will need: **chef's knife, chopping board, vegetable peeler, medium frying pan** with lid, **wooden spoon, sieve** and **medium saucepan**. Let's start cooking the **Bengal Chicken Curry with Yoghurt & Lime**



## 1 GET PREPPED

Dice the **free range chicken breast** into 2 cm pieces. Finely slice the **brown onion**. Peel the **sweet potato** and cut into 2 cm cubes. Cut the **zucchini** into 1 cm chunks. Cut the **lime** into wedges.



## 2 COOK THE CHICKEN

Heat **1/2** the **olive oil** in a medium frying pan over a medium-high heat. Add the diced **chicken breast** and cook, stirring, for **3-5 minutes**, or until just browned (the chicken will finish cooking in step 4). Remove the chicken from the pan and set aside.



## 3 ADD THE VEGGIES

Heat the **remaining olive oil** in the same pan over a medium-high heat. Add the **brown onion** and cook, stirring, for **3 minutes**, or until soft. Add the **Bengal curry paste** and cook, stirring, for **1 minute**, or until fragrant. Add the **sweet potato** and **zucchini** and cook, stirring, for **5 minutes**, or until just tender.



## 4 COOK THE BENGAL CURRY

Return the **chicken breast** to the pan with the **warm water** and stir to coat in the curry paste. Reduce the heat to low and simmer, covered, for **15 minutes**, or until the chicken is cooked through and the sweet potato is softened. 🔄 Remove the pan from the heat and stir through **1/2** the **Greek yoghurt**.



## 5 COOK THE RICE

Meanwhile, rinse the **basmati rice** well. Place the rice and **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain.



## 6 SERVE UP

Divide the rice and Bengal chicken curry between bowls, dollop with the remaining yoghurt and serve with the lime wedges.

# ENJOY!

*Adding Greek yoghurt to your curry instead of coconut milk makes for a lovely creamy sauce that is higher in protein, vitamins and minerals. It's also a lighter alternative to coconut milk and has a thicker consistency... winner, winner!*

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
free range chicken breast	1 packet	2 packets
brown onion	1	2
sweet potato	200g	400g
zucchini	1	2
lime	1	2
olive oil*	2 tsp	1 tbs
Bengal curry paste	1 tub (2 tbs)	2 tubs (4 tbs)
warm water*	¼ cup	½ cup
Greek yoghurt	1 tub (100g)	2 tubs (200g)
basmati rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water*	3 cups	6 cups

\*Pantry Items | 🍴 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3230kJ (772Cal)	301kJ (72Cal)
Protein (g)	51.2g	4.8g
Fat, total (g)	17.4g	1.6g
- saturated (g)	5.4g	0.5g
Carbohydrate (g)	97.3g	9.1g
- sugars (g)	21.9g	2.0g
Sodium (g)	706mg	66mg

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