



# Creamy Indian Chicken Curry

with Basmati Rice & Greek-Style Yoghurt

Grab your Meal Kit with this symbol



Sweet Potato



Basmati Rice



Brown Onion



Garlic



Ginger Paste



Chicken Thigh



Mumbai Spice Blend



Passata



Light Cooking Cream



Baby Spinach Leaves



Greek-Style Yoghurt



Chicken Thigh

Hands-on: **25-35 mins**  
 Ready in: **40-50 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Roasted sweet potato and baby spinach join tender chicken in a mild, creamy curry that's a delight for the senses. We've also added ginger and cooling yoghurt to deliver a meal destined to become a family favourite.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	½	1
ginger paste	1 medium packet	1 large packet
garlic	1 clove	2 cloves
chicken thigh	1 small packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
water* (for the curry)	1½ tbs	3 tbs
passata	½ box (100g)	1 box (200g)
light cooking cream	1 packet (150ml)	2 packets (300ml)
brown sugar*	½ tbs	1 tbs
baby spinach leaves	1 bag (60g)	1 bag (120g)
butter*	20g	40g
Greek-style yoghurt	1 medium packet	1 large packet
chicken thigh**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3904kJ (933Cal)	611kJ (146Cal)
Protein (g)	46.2g	7.2g
Fat, total (g)	41.7g	6.5g
- saturated (g)	21g	3.3g
Carbohydrate (g)	93.2g	14.6g
- sugars (g)	23.1g	14.6g
Sodium (mg)	567mg	89mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4772kJ (1141Cal)	586kJ (140Cal)
Protein (g)	78.2g	9.6g
Fat, total (g)	50.4g	6.2g
- saturated (g)	23.6g	2.9g
Carbohydrate (g)	94g	11.5g
- sugars (g)	24g	11.5g
Sodium (mg)	676mg	83mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Roast the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into 2cm chunks. Place the **sweet potato** on the lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.



## Start the curry

Heat a drizzle of **olive oil** in a large frying pan over a high heat. When the oil is hot, cook the **chicken** in batches, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a bowl and set aside. Return the pan to a medium-high heat with a drizzle of **olive oil** if needed. Cook the **onion** until softened, **4-5 minutes**. Add a drizzle of **olive oil**, **garlic**, **ginger paste** and the **Mumbai spice blend** and cook, stirring, until fragrant, **1 minute**. Add the **water (for the curry)**, **passata** (see ingredients), **light cooking cream**, **brown sugar** and a generous pinch of **salt**. Stir to combine.

## CUSTOM RECIPE

If you've doubled your chicken, cook in batches for the best results!



## Cook the rice

While the sweet potato is roasting, bring the **water (for the rice)** to the boil in a medium saucepan. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Finish the curry

Bring to the boil, then reduce the heat to medium. Return the **chicken** (plus any resting juices) to the pan, add the **baby spinach leaves**, **butter** and **roasted sweet potato**, and stir until the **spinach** has wilted, **1 minute**. Season generously with **salt** and **pepper** to taste.



## Get prepped

While the rice is cooking, finely chop the **brown onion** (see ingredients). Finely grate the **garlic**. Cut the **chicken thigh** into 2cm chunks.



## Serve up

Divide the basmati rice between bowls. Top with the Indian chicken curry and dollop over the **Greek-style yoghurt**.

## Enjoy!