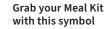


# Creamy Indian Chicken Curry with Basmati Rice & Greek-Style Yoghurt



















**Ginger Paste** 



Chicken Thigh



Mumbai Spice





Light Cooking Cream







Greek-Style Yoghurt



Hands-on: 25-35 mins Ready in: 40-50 mins

Naturally gluten-free Not suitable for Coeliacs



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.



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  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

#### Ingredients

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	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	1/2	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		

<sup>\*</sup>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 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

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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.



#### 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!



# 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.



# 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.



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



# 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.



### Serve up

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

Enjoy!