



# Creamy Indian Chicken Curry

with Sweet Potato & Basmati Rice

Grab your Meal Kit with this symbol



Sweet Potato



Basmati Rice



Brown Onion



Garlic



Chicken Thigh



Ginger Paste



Tomato Paste



Mumbai Spice Blend



Light Thickened Cream



Baby Spinach Leaves



Greek-Style Yoghurt



Chicken Thigh



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



Eat Me Early



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.



**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 medium packet	1 large packet
brown onion	½	1
garlic	1 clove	2 cloves
chicken thigh	1 small packet	1 large packet
ginger paste	½ medium packet	1 medium packet
tomato paste	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
water* (for the curry)	1½ tbs	3 tbs
light thickened cream	1 medium packet	2 medium packets
brown sugar*	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
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)	3978kJ (951Cal)	659kJ (158Cal)
Protein (g)	45.4g	7.5g
Fat, total (g)	42.8g	7.1g
- saturated (g)	21.2g	3.5g
Carbohydrate (g)	92.9g	15.4g
- sugars (g)	22.9g	15.4g
Sodium (mg)	666mg	110mg

### Custom

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4844kJ (1158Cal)	630kJ (151Cal)
Protein (g)	76.2g	9.9g
Fat, total (g)	52.1g	6.8g
- saturated (g)	24g	3.1g
Carbohydrate (g)	92.9g	12.1g
- sugars (g)	22.9g	12.1g
Sodium (mg)	763mg	99mg

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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## Bake the sweet potato

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



## Start the curry

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

### CUSTOM RECIPE

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



## Cook the rice

While the sweet potato is roasting, add the **water (for the rice)** to a medium saucepan and bring to the boil. 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 the curry to a 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**, then stir until the spinach is wilted, **1 minute**. Season 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 creamy Indian chicken curry. Serve with a dollop of **Greek-style yoghurt**.

## Enjoy!

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