



Creamy Indian Chicken Curry

with Sweet Potato, Green Beans & Basmati Rice

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Basmati Rice



Garlic



Green Beans



Tomato Paste



Mumbai Spice Blend



Chicken Thigh



Ginger Paste



Light Cooking Cream



Greek-Style Yoghurt

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent flooding and heavy rains. This is affecting our regular supply of some fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

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
basmati rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
green beans	1 small bag	1 medium bag
chicken thigh	1 small packet	1 large packet
ginger paste	½ medium packet	1 medium packet
tomato paste	1 packet	1 packet
Mumbai spice blend	1 medium sachet	1 large sachet
water*	1½ tbs	3 tbs
light cooking cream	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
butter*	20g	40g
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3707kJ (885Cal)	684kJ (163Cal)
Protein (g)	43.2g	8g
Fat, total (g)	38.5g	7.1g
- saturated (g)	18g	3.3g
Carbohydrate (g)	89.5g	16.5g
- sugars (g)	19g	3.5g
Sodium (mg)	755mg	139mg

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.

We're here to help!

Scan here if you have any questions or concerns
2022 | CW50



1



Roast the sweet potato

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

TIP: If your oven tray is crowded, divide the sweet potato between two trays.

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 **chicken** is 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**, if needed. Cook **ginger paste** (see ingredients), **garlic**, **tomato paste** and **Mumbai spice blend**, stirring, until fragrant, **1 minute**. Add the **water**, **light cooking cream**, the **brown sugar** and a generous pinch of **salt**. Stir to combine.
- Remove from heat, then return **chicken** and **green beans** (plus any resting juices!) to the pan. Add the **butter** and **roasted sweet potato**. Season to taste.

2



Cook the rice & get prepped

- While the **sweet potato** is roasting, boil the kettle.
- Half-fill a medium saucepan with the boiled water. Add **basmati rice** and a pinch of **salt**, then cook, uncovered, over high heat until tender, **12 minutes**.
- Drain, then cover to keep warm.
- Meanwhile, finely chop **garlic**. Trim **green beans**. Cut **chicken thigh** into 2cm chunks.



Scan here to select your recipes for next week!

4



Serve up

- Divide basmati rice between bowls. Top with creamy Indian chicken curry.
- Serve with a dollop of **Greek-style yoghurt**. Enjoy!

Little cooks: Add the finishing touch by dolloping over the yoghurt!

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate