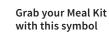


# Easy Creamy Indian Chicken Curry with Sweet Potato & Basmati Rice

MONTHLY SPECIAL

KID FRIENDLY









Basmati Rice

Green Beans

Sweet Potato







Tomato Paste

Mumbai Spice Blend



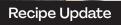


Chicken Thigh



Light Cooking Cream





Farmers across Australia are still experiencing the impacts of the recent 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.



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

3			
	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	

<sup>\*</sup>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.



# 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!



# 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 browned and chicken is 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. Cook, stirring, until combined, 1 minute. Season to taste.



## 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.



# 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!

