

INDIAN CHICKEN & SWEET POTATO CURRY

with Basmati Rice





Jazz up your curry with roasted sweet potato



weet Potato



Flaked Almone



Basmati Ri



ati Rice



Cingo







Min



Chicken Thigh



Mild North Indian Spice Blend



Tomato Paste



Coconut Cream



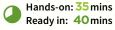
Chicken Stock



Baby Spinach Leaves



ireek Yoghurt







There's nothing like a rich, sweet, buttery curry to satisfy a growling belly. From the wafting aromas of India in the silky coconut sauce to the mellow notes of the roasted sweet potato, this dish will indulge your senses in more ways than one.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• oven tray lined with baking paper • medium saucepan with a lid • large frying pan



ROAST THE SWEET POTATO Preheat the oven to 240°C/220°C fanforced. Cut the sweet potato (unpeeled) into 1cm chunks. * TIP: Cut the sweet potato to the correct size so it cooks in the allocated time. Place the **sweet potato** on an oven tray lined with baking paper. Drizzle with olive oil, season with a pinch of salt and pepper and toss to coat. Spread out in a single layer. Roast on the top oven rack until tender, 20 minutes. Add the **flaked almonds** to the side of the tray and return to the oven until the almonds are golden, 3-4 minutes.



COOK THE RICE While the sweet potato is roasting, in a medium saucepan bring the water (for the rice) 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!



PREP THE CURRY While the rice is cooking, finely chop the **brown onion**. Finely grate the **ginger**. Finely chop the **garlic** (or use a garlic press). Roughly chop the tomato. Pick and roughly chop the mint leaves. Cut the chicken thigh into 2cm chunks.



START THE CURRY In a large frying pan, heat a **drizzle** of olive oil over a high heat. Add the chicken and cook, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a plate. Return the pan to a medium-high heat with a drizzle more olive oil if needed. Add the onion and cook until softened, 4-5 minutes. Add the ginger, garlic and mild North Indian **spice blend**. Cook, stirring, until fragrant, 1 minute. Add the tomato paste and stir to combine.



FINISH THE CURRY Add the water (for the curry), coconut cream, chopped tomato and the crumbled chicken stock cubes. Stir to combine. Return the chicken (plus any resting juices) to the pan and simmer until the curry has thickened, 2-3 minutes. Add the baby spinach leaves and roasted sweet potato and stir until the spinach has wilted. Season generously with salt and pepper to taste. *TIP: Seasoning is key in this dish! Taste and add more salt and pepper if you like.



SERVE UP Divide the basmati rice between bowls and top with the Indian chicken and coconut curry. Top with the Greek yoghurt and flaked almonds. Garnish the adults' portions with mint.

ENJOY!

INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	2
flaked almonds	1 packet
water* (for the rice)	3 cups
basmati rice	2 packets
brown onion	1
ginger	2 knobs
garlic	4 cloves
tomato	2
mint	1 bunch
chicken thigh	1 packet
mild North Indian spice blend	2 sachets
tomato paste	2 sachets
water* (for the curry)	½ cup
coconut cream	1 tin (400ml)
chicken stock	2 cubes
baby spinach leaves	1 bag (120g)
Greek yoghurt	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3780kJ (902Cal)	601kJ (144Cal)
Protein (g)	39.4g	6.3g
Fat, total (g)	38.8g	6.2g
- saturated (g)	29.3g	4.7g
Carbohydrate (g)	92.9g	14.8g
- sugars (g)	19.6g	3.1g
Sodium (g)	390mg	62mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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2020 | WK09

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