



INDIAN CHICKEN & SWEET POTATO CURRY

with Basmati Rice



Jazz up your curry with roasted sweet potato



Sweet Potato



Flaked Almonds



Basmati Rice



Brown Onion



Ginger



Garlic



Tomato



Mint



Chicken Thigh



Mild North Indian Spice Blend



Tomato Paste



Coconut Cream



Chicken Stock



Baby Spinach Leaves



Greek Yoghurt

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

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

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.

BEFORE YOU START

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**



1 ROAST THE SWEET POTATO

Preheat the oven to **240°C/220°C fan-forced**. 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**.



4 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.



2 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!*



5 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.*



3 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.



6 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!

4-5 PEOPLE 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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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