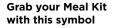


Dinner - Indian Spiced Chicken with Garlic Rice Lunch - Chicken & Sweet Potato Salad







Sweet Potato





Chicken Breast







Basmati Rice



Tomato



Coriander



Mixed Salad



Greek Yoghurt



Mango Chutney

FOR YOUR LUNCH



Carrot





Fetta



Olive Oil, Butter, White Wine Vinegar







Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Start with Indian spiced chicken with a variety of fresh sides, then turn the same chicken into a tasty and satisfying lunch salad. Extra delicious!

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	2	2
Bengal curry paste	2 packets	3 packets
chicken breast	1 large packet	1 large & 1 small packet
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1½ cups	3 cups
salt*	1/4 tsp	½ tsp
basmati rice	1 packet	2 packets
cucumber	1	2
tomato	1	2
coriander	1 bunch	1 bunch
mixed salad leaves	1 bag (90g)	1 bag (120g)
white wine vinegar*	2 tsp	1 tbs
Greek yoghurt	1 packet (100g)	2 packets (200g)
mango chutney	1 tub (50g)	1 tub (100g)
carrot	1	1
currants	1 packet	1 packet
fetta	1 block (25g)	1 block (25g)

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3200kJ (764Cal)	571kJ (136Cal)
Protein (g)	48.6g	8.7g
Fat, total (g)	25.1g	4.5g
- saturated (g)	10.3g	1.8g
Carbohydrate (g)	82.0g	14.6g
- sugars (g)	11.5g	2.1g
Sodium (g)	1750mg	312mg
LUNCH		
Energy (kJ)	2280kJ (546Cal)	422kJ (101Cal)
Protein (g)	46.0g	8.5g
Fat, total (g)	16.3g	3.0g
- saturated (g)	5.1g	0.9g
Carbohydrate (g)	49.7g	9.2g
- sugars (g)	22.7g	4.2g
Sodium (g)	1610mg	297mg

Allergens

Please visit HelloFresh.com.au/foodinfo for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to 220°C/200°C fan-forced. Cut the sweet potato (unpeeled) into 1cm chunks. Place the sweet potato, a drizzle of olive oil and a pinch of salt and pepper on an oven tray lined with baking paper. Toss to coat, then roast until tender, 20-25 minutes. Set aside. In a medium bowl, combine the Bengal curry paste, a pinch of salt and pepper and a good drizzle of olive oil. Cut the chicken breast into 1cm-thick strips and add to the curry paste. Mix well to combine.



2. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). Melt the **butter** with a **drizzle** of **olive oil** in a medium saucepan over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and the **salt**, stir, and bring to the boil. Add the **basmati rice**, reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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!



3. Prep the sides

While the rice is cooking, finely chop the **cucumber** and **tomato**. Roughly chop the **coriander** (reserve a few leaves for garnish!). Reserve 2 big handfuls of **mixed salad leaves** for lunch. In a medium bowl, combine the **cucumber**, **tomato**, **remaining salad leaves**, **white wine vinegar**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Set aside. In a small bowl, combine the **Greek yoghurt**, chopped **coriander** and a **pinch** of **salt** and **pepper**. Set aside.

TIP: Toss the salad just before serving to keep the leaves crisp.



4. Cook the chicken

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add **1/2** the **chicken** and cook, tossing often, until the chicken is browned and cooked through, **4-5 minutes**. Transfer to a bowl and repeat with the **remaining chicken**. When all the chicken is cooked, reserve 2 portions (about 1 cup) for tomorrow's lunch.

TIP: Don't worry if your chicken gets a little charred during cooking, it adds to the flavour!



5. Serve dinner

Divide the garlic rice and Indian-spiced chicken between plates. Serve with the salad and a dollop of coriander yoghurt. Garnish with the reserved coriander leaves and serve with the mango chutney.



6. Make lunch

When you're ready to pack your lunch, pour any chicken resting juices from the chicken into two reusable containers. Grate the carrot (unpeeled). Divide the roasted sweet potato, carrot and reserved mixed salad leaves between the two containers. Top with the reserved chicken, the currants and crumble over the fetta. Refrigerate. At lunch, season to taste with salt and pepper and toss well to combine.

Please call us with any questions or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

2020 | CW22

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