



Creamy Indian Chicken Curry

with Basmati Rice & Greek Yoghurt

Grab your Meal Kit with this symbol



Sweet Potato



Basmati Rice



Brown Onion



Ginger



Garlic



Chicken Thigh



Mumbai Spice Blend



Passata



Light Cooking Cream



Baby Spinach Leaves



Greek Yoghurt

Hands-on: 30-40 mins
Ready in: 40-50 mins

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Roasted sweet potato and baby spinach join tender chicken in a mild, creamy curry that's a delight for the senses. We've also added in fresh ginger and cooling yoghurt to deliver a meal destined to become a family 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
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	½	1
ginger	½ knob	1 knob
garlic	1 clove	2 cloves
chicken thigh	1 small packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
water* (for the curry)	1½ tbs	¼ cup
passata	½ box (100g)	1 box (200g)
light cooking cream	1 packet (150ml)	2 packets (300ml)
brown sugar*	2 tsp	1 tbs
baby spinach leaves	1 bag (60g)	1 bag (120g)
butter*	20g	40g
Greek yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3925kJ (938Cal)	610kJ (145Cal)
Protein (g)	46.3g	7.2g
Fat, total (g)	41.7g	6.5g
- saturated (g)	21g	3.3g
Carbohydrate (g)	93.3g	14.5g
- sugars (g)	23g	3.6g
Sodium (mg)	568mg	88mg

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.

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Roast the sweet potato

Preheat the oven to **240°C/220°C fan forced**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**.

TIP: Cut the sweet potato to size so it cooks in time.



Start the curry

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, in batches, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl and set aside. Return the pan to a medium-high heat with a drizzle of **olive oil** if needed. Add the **onion** and cook until softened, **4-5 minutes**. Add a drizzle of **olive oil**, the **ginger**, the **garlic** and **Mumbai spice blend**, and cook, stirring, until fragrant, **1 minute**. Add the **water (for the curry)**, **passata** (see ingredients), **light cooking cream**, and **brown sugar**, then season with **salt**. Stir to combine.



Cook the rice

While the sweet potato is roasting, bring the **water (for the rice)** to the boil in a medium saucepan. 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!



Finish the curry

Bring the curry to the boil, then reduce the heat to medium. Return the **chicken** (plus any **resting juices**) to the pan, add the **baby spinach leaves**, **butter** and **roasted sweet potato**, and stir until the **spinach** has wilted. Season to taste.



Get prepped

While the rice is cooking, finely chop the **brown onion** (see ingredients). Finely grate the **ginger** (see ingredients) and **garlic**. Cut the **chicken thigh** into 2cm chunks.



Serve up

Divide the basmati rice between bowls. Top with the Indian chicken curry and the **Greek yoghurt**.

Enjoy!