



Sweet Potato, Ginger and Garlic Chicken Stew with Lime and Spinach

12

Classic Eat Me Early • 30 Minutes • Mild Spice • 2 of your 5 a day



Sweet Potato



Diced Chicken Thigh



Red Onion



Garlic Clove



Red Chilli



Lime



Ginger Puree



Tomato Puree



Coconut Milk



Chicken Stock Paste



Baby Spinach



Soy Sauce

Pantry Items
Water

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, garlic press and zester.

Ingredients

| | | | |
|-------------------------------|----------|-----------|-----------|
| | 2P | 3P | 4P |
| Sweet Potato** | ¾ | 1½ | 1½ |
| Diced Chicken Thigh** | 280g | 420g | 560g |
| Red Onion** | 1 | 1 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Red Chilli** | ½ | 1 | 1 |
| Lime** | ½ | 1 | 1 |
| Ginger Puree | 1 sachet | 1 sachet | 2 sachets |
| Tomato Puree | 1 sachet | 2 sachets | 2 sachets |
| Coconut Milk | 200ml | 400ml | 400ml |
| Water for the Sauce* | 150ml | 200ml | 300ml |
| Chicken Stock Paste | 10g | 15g | 20g |
| Baby Spinach** | 100g | 100g | 200g |
| Soy Sauce 11 13 | 15ml | 15ml | 30ml |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 554g | 100g |
| Energy (kJ/kcal) | 2462/588 | 444/106 |
| Fat (g) | 32 | 6 |
| Sat. Fat (g) | 20 | 4 |
| Carbohydrate (g) | 37 | 7 |
| Sugars (g) | 12 | 2 |
| Protein (g) | 38 | 7 |
| Salt (g) | 2.95 | 0.53 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Sweet Potato

Preheat your oven to 220°C. Chop the **sweet potato** into small 1cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. Once your oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.



Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **diced chicken thigh**. Season with **salt** and **pepper** and stir-fry until browned, 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Finish the Prep

While the **chicken** cooks, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed, then thinly slice **half** the **chilli** and finely chop the rest. Zest and halve the **lime**.



Start the Stew

Once the **chicken** is browned, add the **onion** to the pan and fry until starting to soften, 3-4 mins. Stir in the **garlic**, **ginger puree**, **finely chopped chilli** (careful, it's hot - add less if you don't like heat) and **tomato puree**. Cook for 1 min. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Pour in the **coconut milk**, **water for the sauce** (see ingredients for amount) and **chicken stock paste**, then stir together.



Add the Spinach

Bring to the boil and simmer until the **sauce** has thickened, 5-6 mins. Stir in the **spinach** a handful at a time until it's wilted and piping hot, 1-2 mins. Remove from the heat, squeeze in some of the **lime juice** and add the **soy sauce**. Taste and add more **lime** if needed. Stir in the **roasted sweet potato** and add a splash more **water** if it's a bit too thick.



Serve

Spoon the **chicken stew** into your bowls and serve with the **sliced chilli** (add less if you don't like heat) and **lime zest** sprinkled on top.

Enjoy!