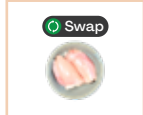




Rich Chicken and Sweet Potato Curry with Buttery Basmati Rice

Family Friendly 30 - 40 Minutes



Chicken Thighs*
280 g | 560 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breasts*
2 | 4



Basmati Rice
¾ cup | 1 ½ cup



Sweet Potato
1 | 2



Baby Spinach
28 g | 56 g



Yellow Onion
1 | 1



Tikka Sauce
½ cup | 1 cup



Curry Paste
2 tbsp | 4 tbsp



Garlic Salt
1 tsp | 2 tsp



Cream
56 ml | 113 ml

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, unsalted butter

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper

1



Prep and roast sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 18-20 min.
- Meanwhile, add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.

4



Start chicken and onions

- Heat a large non-stick pan over medium-high heat. (**NOTE:** Heat large non-stick pan over high heat for 4 ppl.)
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **chicken** and **onions**. Cook, tossing often, until **onions** are tender and **chicken** is golden, 4-5 min. (**NOTE:** Chicken will finish cooking in the next step.)

2



Prep and cook rice

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Roughly chop **spinach**, if desired.
- Add **rice** to the **boiling water**. Reduce heat to low.
- Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat, then add **spinach**. Set aside, still covered.

5



Make sauce and finish chicken

- Add **curry paste** to the pan with **chicken**. Cook, stirring often, until fragrant, 30 sec.
- Reduce heat to medium-low, then add **tikka sauce**, **cream** and ¼ cup (½ cup) **water**. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 5-7 min.**
- Add **roasted sweet potatoes**, then stir to combine. Remove from heat, then cover to keep warm.

3



Prep chicken

🔄 Swap | **Chicken Thighs**

- Pat **chicken** dry with paper towels. Cut into 1-inch pieces.
- Season with **remaining garlic salt** and **pepper**.

6



Finish and serve

- Fluff **rice and spinach** with a fork.
- Divide **rice and spinach** between plates.
- Top with **rich chicken and sweet potato curry**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Prep chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breasts**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.