






Rich Chicken and Sweet Potato Curry with Buttery Basmati Rice










Family Friendly 30 - 40 Minutes

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

 Swap	 Double
	
Chicken Thighs 280 g 560 g	Chicken Breasts 4 8



	
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, salt

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

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**

*2 Double | **Chicken Breasts**

- 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**, cook them in the same way the recipe instructs you to cook the **chicken breasts****

3 | Prep chicken

*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**** Work in batches, if necessary.

* 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.