



# Rich Chicken and Potato Curry

## with Buttery Basmati Rice

Family Friendly

25-35 Minutes

Swap



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](https://www.hellofresh.ca)



Chicken Breasts\*  
2 | 4



Basmati Rice  
¾ cup | 1 ½ cups



Yellow Potato  
200 g | 400 g



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** | Unsalted butter, oil, salt, pepper

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

1



### Prep and roast potatoes

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

- Cut **potatoes** into ½-inch pieces.
- Add **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.

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.

3



### Prep chicken

🔄 Swap | **Chicken Thighs**

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

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.)

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 potatoes**, then stir to combine. Season with **salt** and **pepper**, to taste.
- Remove from heat, then cover to keep warm.

6



### Finish and serve

- Fluff **rice** and **spinach** with a fork.
- Divide **rice** and **spinach** between plates.
- Top with **chicken and 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.