

HELLO Spicy Curried Chicken Stew with Garlic Flatbreads

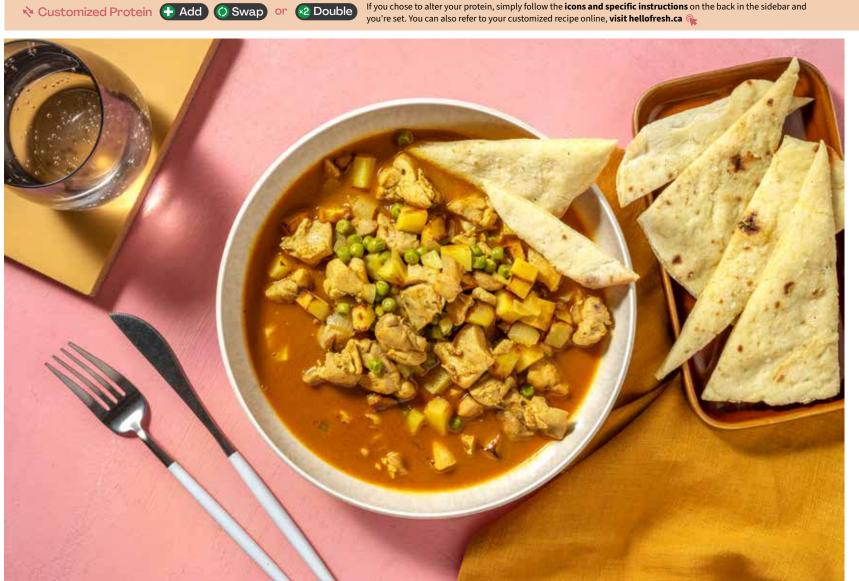
Spicy

25 Minutes





Chicken Breasts









Indian Spice Mix 🚽

Chicken Thighs * 280 g | 560 g

1 tbsp | 2 tbsp



Green Peas 113 g | 227 g

Garlic, cloves







1 | 1







Curry Paste Russet Potato 2 tbsp | 4 tbsp 1 | 2



Chicken Broth Concentrate 2 | 4

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.



Cooking utensils | 2 baking sheets, large pot, measuring cups, measuring spoons, paper towels, parchment paper, silicone brush, small bowl, vegetable peeler



Roast potatoes and prep

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.

O Swap | Chicken Breasts

O Swap | Tofu

- Peel, then cut **potato** into 1/4-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 until tender and golden-brown, 25-28 min.
- Meanwhile, peel, then cut half the onion (use whole onion for 4 ppl) into 1/4-inch pieces.
- Peel, then mince or grate garlic.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces.



Cook stew

- Add broth concentrate, chicken and 1 ½ cups (3 cups) water to the pot, then stir to combine.
- · Cook, stirring often, until stew thickens slightly and chicken is cooked through, 5-8 min.**



Sear chicken

O Swap | Tofu

- Heat a large pot over medium-high.
- When hot, add 1 tbsp (2 tbsp) oil, then chicken. Season with salt and pepper. Cook, stirring occasionally, until chicken is goldenbrown, 3-4 min.
- Transfer chicken to a plate. (NOTE: Chicken will finish cooking in step 4.)



Cook veggies and spices

- Reduce heat to medium, then add 2 tbsp (4 tbsp) butter, onions, peas and half the garlic to the same pot. Cook, stirring often, until **onions** soften slightly, 2-3 min.
- Sprinkle flour over top. Cook, stirring often, until **veggies** are coated, 1 min.
- Add Indian Spice Mix and curry paste. Cook, stirring often, until fragrant, 1 min.



Toast garlic flatbreads

- Meanwhile, add 1 tbsp (2 tbsp) butter and **remaining garlic** to a small microwave-safe bowl. Heat in the microwave until **butter** melts, 30 sec.
- Arrange flatbreads on an unlined baking sheet. Brush with garlic butter, then season with salt.
- Toast in the top of the oven until goldenbrown, 4-5 min. (TIP: Keep your eye on flatbreads so they don't burn.)



Finish and serve

- Add roasted potatoes to stew, then stir to combine. Season with salt and pepper, to taste.
- Divide curried chicken stew between bowls.
- Serve garlic flatbreads on the side for dipping.

within steps

Measurements

(2 tbsp) 1 tbsp

oil

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 Roast potatoes and prep

Swap | Chicken Breasts

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

1 | Roast potatoes and prep

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces.

2 | Sear tofu

O Swap | Tofu

Cook tofu for 6-7 min, turning occasionally, until crispy and browned all over. Follow the rest of the recipe as written.

- * 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.