



Spicy Curried Chicken Stew

with Garlic Flatbreads

Spicy

25 Minutes

Customized Protein

+ Add

Swap

or

x2 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)

Swap



Chicken Breasts

2 | 4

Swap



Tofu

1 | 2



Chicken Thighs*
280 g | 560 g



Indian Spice Mix
1 tbsp | 2 tbsp



Green Peas
113 g | 227 g



Garlic, cloves
2 | 4



Yellow Onion
1 | 1



Flatbread
2 | 4



Curry Paste
2 tbsp | 4 tbsp



Russet Potato
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.

Pantry items | Pepper, oil, salt, unsalted butter, all-purpose flour

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

1



Roast potatoes and prep

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

Swap | **Chicken Breasts**

Swap | **Tofu**

- Peel, then cut **potato** into ¼-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 ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces.

4



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.**

2



Sear chicken

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 golden-brown, 3-4 min.
- Transfer **chicken** to a plate. (**NOTE:** Chicken will finish cooking in step 4.)

5



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 golden-brown, 4-5 min. (**TIP:** Keep your eye on flatbreads so they don't burn.)

3



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.

6



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.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

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

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.