



Indian-Style Ground Chicken Curry

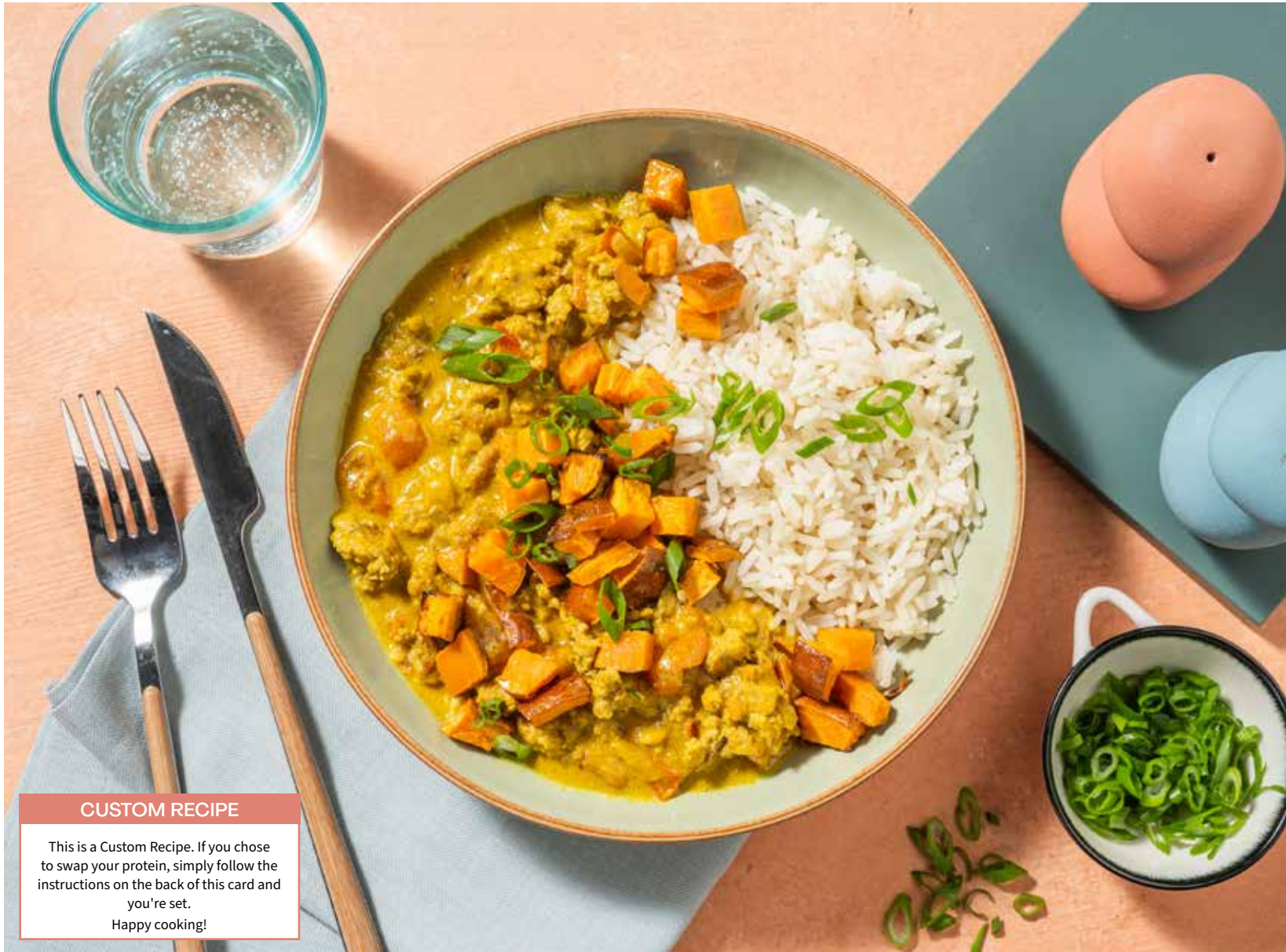
with Sweet Potatoes and Basmati Rice

Quick

25 Minutes



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Ground Chicken



Tofu



Basmati Rice



Ginger-Garlic Puree



Tomato



Sweet Potato



Onion, chopped



Indian Spice Mix



Coconut Milk



Green Onion



Soy Sauce



Red Curry Paste

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO COCONUT MILK
A delicious dairy alternative!

Start here

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

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

Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Chicken	250 g	500 g
Tofu	1	2
Basmati Rice	¾ cup	1 ½ cups
Ginger-Garlic Puree	1 tbsp	2 tbsp
Tomato	2	4
Sweet Potato	1	2
Onion, chopped	56 g	113 g
Indian Spice Mix	1 tbsp	2 tbsp
Coconut Milk	1	2
Green Onion	2	4
Soy Sauce	1 tbsp	2 tbsp
Red Curry Paste	2 tbsp	4 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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

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.



1 Prep and roast sweet potatoes

- 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** and **⅛ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.



4 Cook veggies

- Reduce heat to medium, then add **tomatoes** to the pan with **chicken**. Cook, stirring occasionally, until tender, 3-4 min.
- Add **red curry paste**, **Indian Spice Mix** and **half the ginger-garlic puree** (use all for 4 ppl). Cook, stirring often, until fragrant, 1-2 min.



2 Prep and cook rice

- Cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- 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 the pot from heat. Set aside, still covered.



5 Cook curry

- Add **coconut milk**, **soy sauce** and **¼ cup water** (use same for 4 ppl) to the pan. Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Cook, stirring often, until **curry** thickens slightly, 4-5 min.



3 Cook chicken

- Meanwhile, heat a large non-stick pan over high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken** and **onions**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **salt** and **pepper**.

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. When pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu** and **onions**. Cook, stirring often, until **tofu** is golden-brown all over, 6-7 min. Continue with recipe as written.



6 Finish and serve

- Add **roasted sweet potatoes** to **curry**. Cook, stirring often, until combined, 1-2 min. Season with **pepper**, to taste.
- Fluff **rice** with a fork, then stir in **half the green onions** and **1 tbsp** (2 tbsp) **butter**.
- Divide **rice** between plates. Top with **curry**.
- Sprinkle **remaining green onions** over top.

Dinner Solved!



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