

# HELLO Indian-Style Ground Chicken Curry

with Sweet Potatoes and Basmati Rice

Quick

25 Minutes











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 🦫









250 g | 500 g





Ginger-Garlic Puree 1 tbsp | 2 tbsp





1 | 2



56 g | 113 g



Indian Spice Mix 1 tbsp | 2 tbsp







Green Onion 2 | 4



1 tbsp | 2 tbsp



2 tbsp | 4 tbsp



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.



## 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 1/4 cups (2 1/2 cups) water and 1/8 tsp (1/4 tsp) salt to a medium pot. Cover and bring to a boil over high heat.



## 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.



## Cook chicken

### 🚫 Swap | Ground Pork

#### 🚫 Swap | Tofu

- 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.



### 3 | Cook tofu

the chicken.\*\*

Measurements

3 | Cook pork

O Swap | Ground Pork

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook

within steps

#### O Swap | Tofu

If you've opted to get tofu, pat dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **chicken**, until crispy, 6-7 min.

1 tbsp

(2 tbsp)

oil



# 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.



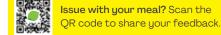
# Cook curry

- Add coconut milk, soy sauce and 1/4 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.



#### 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.



- \*\* Cook chicken and pork to a minimum internal temperature of 74°C/165°F, as size may vary.
- \* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.