



Indian-Style Ground Chicken Curry

with Sweet Potatoes and Basmati Rice

Quick

25 Minutes

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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)



↻ Swap



Ground Pork
250 g | 500 g

↻ Swap



Tofu
1 | 2



Ground Chicken
250 g | 500 g



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

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

- 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 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.

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.

3



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**.

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.

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.

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.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook pork

⌚ Swap | **Ground Pork**

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

3 | Cook tofu

⌚ 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.

** 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.



Issue with your meal? Scan the QR code to share your feedback.