



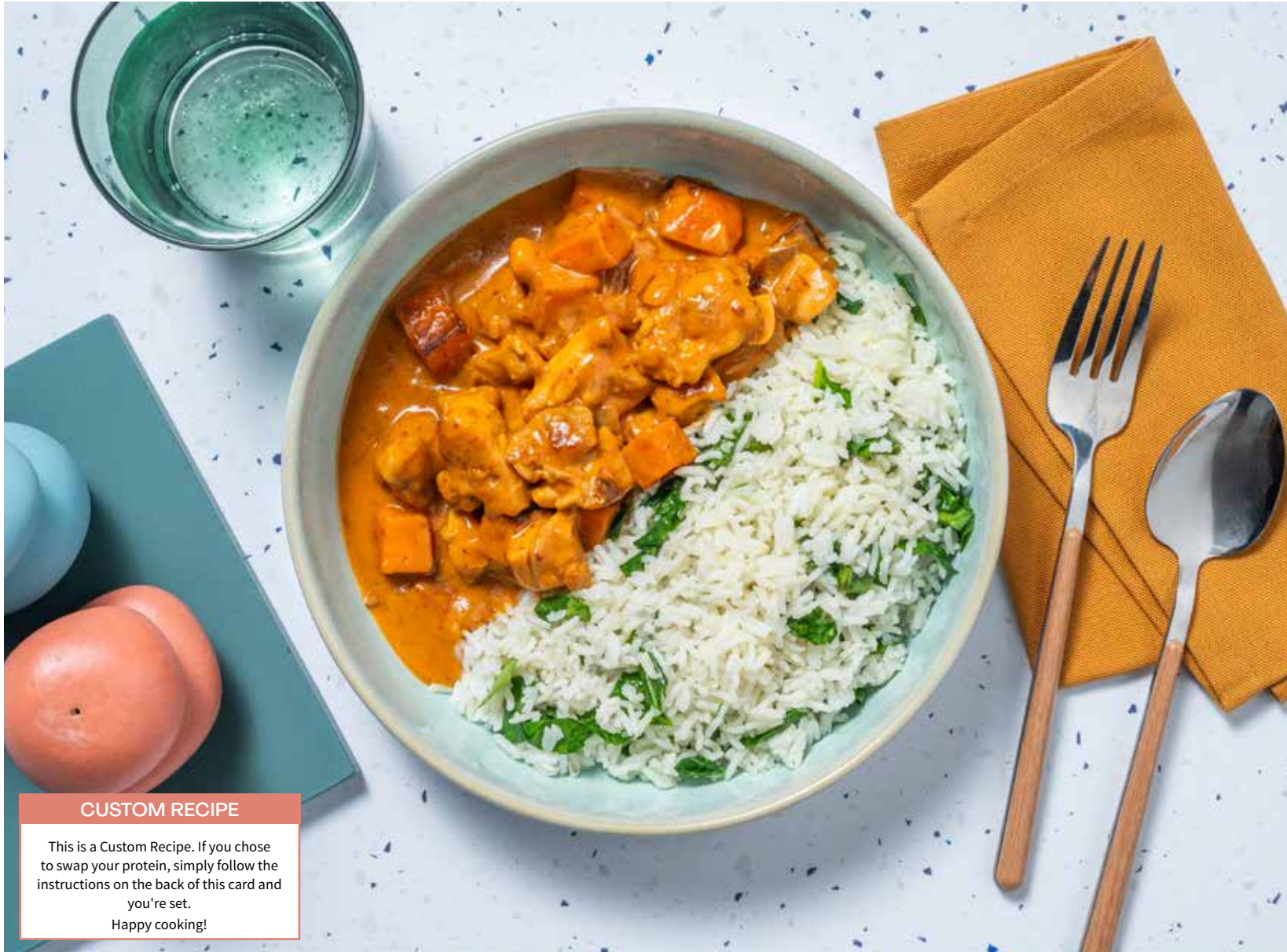
Rich Chicken and Sweet Potato Curry

with Buttery Basmati Rice

Family Friendly 30-40 Minutes



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



Chicken Thighs



Chicken Breasts



Basmati Rice



Sweet Potato



Baby Spinach



Yellow Onion



Tikka Sauce



Curry Paste



Garlic Salt



Cream

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 TIKKA SAUCE

This South Asian-style sauce is the perfect curry base!

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, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Basmati Rice	¾ cup	1 ½ cup
Sweet Potato	1	2
Baby Spinach	28 g	56 g
Yellow Onion	1	1
Tikka Sauce	½ cup	1 cup
Curry Paste	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Cream	56 ml	113 ml
Unsalted Butter*	2 tbsp	4 tbsp
Salt and Pepper*		

* Pantry items

** Cook 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.

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.



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



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**, **1 tbsp** (2 tbsp) **butter** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.



4 Start chicken and onions

- Heat a large non-stick pan over medium-high heat (high heat for 4 ppl).
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **chicken** and **onions**. Cook, tossing often, until **onions** are tender and **chicken** is golden, 4-5 min (**NOTE: Chicken** will finish cooking in the next step.)



2 Prep and cook rice

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Roughly chop **spinach**, if desired.
- 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 from heat, then add **spinach**. Set aside, still covered.



5 Make sauce and finish chicken

- Add **curry paste** to the pan with **chicken**. Cook, stirring often, until fragrant, 30 sec.
- Reduce heat to medium-low, then add **tikka sauce**, **cream** and **¼ cup** (½ cup) **water**. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 5-7 min.**
- Add **roasted sweet potatoes**, then stir to combine. Remove from heat, then cover to keep warm.



3 Prep chicken

- While the pan heats, pat **chicken** dry with paper towels. Cut into 1-inch pieces.
- Season with **remaining garlic salt** and **pepper**.

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



6 Finish and serve

- Fluff **rice** and **spinach** with a fork.
- Divide **rice** and **spinach** between plates.
- Top with **rich chicken and sweet potato curry**.

Dinner Solved!