

HELLO Rich Chicken and Sweet Potato Curry with Rutteru Basmati Rice

with Buttery Basmati Rice

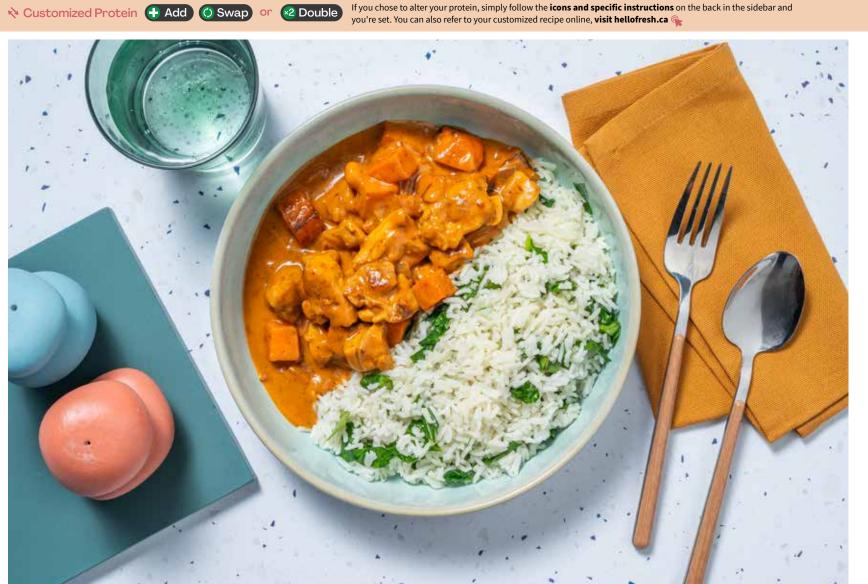
Family Friendly 30-40 Minutes





Breasts (

1 | 2





Chicken Thighs 280 g | 560 g







Sweet Potato



Baby Spinach

1 2





Yellow Onion 1 | 1



1/2 cup | 1 cup



Curry Paste



2 tbsp | 4 tbsp

1 tsp | 2 tsp



56 ml | 113 ml

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. Cooking utensils | Baking sheet, measuring spoons, medium pot, parchment paper, measuring cups, paper towels, large non-stick pan



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 goldenbrown, 18-20 min.
- Meanwhile, add 1 1/4 cups (2 1/2 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.



Prep and cook rice

- Meanwhile, peel, then cut half the onion (whole onion for 4 ppl) into 1/4-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.



Prep chicken

Swap | Chicken Breasts

🚫 Swap | Tofu

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



Start chicken and onions

- Heat a large non-stick pan over medium-high heat (NOTE: Use high heat for 4 ppl).
- When the pan is 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.)



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.



Finish and serve

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

Measurements

within steps

1 tbsp (2 tbsp) oil

3 | Prep chicken

O Swap | Chicken Breasts

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

3 | Start tofu and onions

O Swap | Tofu

If you've opted to get **tofu**, prepare and cook it the same way as the chicken thighs, until crispy and golden-brown all over, 6-7 min.

