



# Spicy Curried Chicken Stew

with Garlic Flatbreads

Quick

Spicy

25 Minutes



### 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!



Chicken Thighs



Chicken Breasts



Indian Spice Mix



Green Peas



Garlic, cloves



Yellow Onion



Flatbread



Spicy Curry Paste



Russet Potato



Chicken Broth Concentrate



All-Purpose Flour

HELLO INDIAN SPICE MIX

*A warming blend of sweet, aromatic and zesty spices!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, vegetable peeler, measuring spoons, silicone brush, parchment paper, small bowl, measuring cups, large pot, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs †	280 g	560 g
Chicken Breasts †	2	4
Indian Spice Mix	1 tbsp	2 tbsp
Green Peas	113 g	227 g
Garlic, cloves	2	4
Yellow Onion	56 g	113 g
Flatbread	2	4
Spicy Curry Paste	4 tbsp	8 tbsp
Russet Potato	230 g	460 g
Chicken Broth Concentrate	2	4
All-Purpose Flour	1 tbsp	2 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
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.*

## Contact

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## Roast potatoes and prep

- Peel, then cut **potato** into ¼-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until tender and golden-brown, 25-28 min.
- Meanwhile, peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces.

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**.



## Cook stew

- Add **broth concentrates**, **chicken** and **1 ½ cups water** (dbl for 4 ppl) to the pot, then stir to combine.
- Cook, stirring often, until **stew** thickens slightly and **chicken** is cooked through, 5-8 min.\*\*



## Sear chicken

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **chicken** is golden-brown, 3-4 min.
- Transfer **chicken** to a plate. (**NOTE:** Chicken will finish cooking in step 4.)



## Toast garlic flatbreads

- Meanwhile, add **1 tbsp butter** (dbl for 4 ppl) and **remaining garlic** to a small microwave-safe bowl.
- Heat in the microwave until **butter** melts, 30 sec.
- Arrange **flatbreads** on an unlined baking sheet. Brush with **garlic butter**, then season with **salt**.
- Toast in the **top** of the oven until golden-brown, 4-5 min. (**TIP:** Keep your eye on flatbreads so they don't burn!)



## Cook veggies and spices

- Reduce heat to medium, then add **2 tbsp butter** (dbl for 4 ppl), **onions**, **peas** and **half the garlic** to the same pot. Cook, stirring often, until **onions** soften slightly, 2-3 min.
- Sprinkle **flour** over top. Cook, stirring often, until **veggies** are coated, 1 min.
- Add **Indian Spice Mix** and **curry paste**. Cook, stirring often, until fragrant, 1 min.



## Finish and serve

- Add **roasted potatoes** to **stew**, then stir to combine. Season with **salt** and **pepper**, to taste.
- Divide **curried chicken stew** between bowls.
- Serve **garlic flatbread** on the side for dipping.

## Dinner Solved!