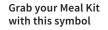


Indian Chicken & Roast Pumpkin Curry

with Spinach & Basmati Rice

WINTER WARMERS











Onion







Ginger Paste

Diced Chicken



Mumbai Spice



Blend



Tomato Paste



Coriander

Mild North

Indian Spice Blend

Coconut Milk



Baby Spinach



Leaves

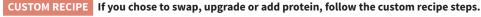


Pantry items



Eat Me Early

This fluffy rice needs to soak up the ultimate curry, so we present to you just that! A creamy yet spiced curry with two spice blend powerhouses, the Mumbai and mild North Indian spice blend. Add the chicken and pumpkin and you're ready to dig in as soon as this curry is served.



Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
peeled pumpkin pieces	1 bag (200g)	1 bag (400g)		
water* (for the rice)	1½ cups	3 cups		
basmati rice	1 packet	2 packets		
onion	1/2	1		
garlic	1 clove	2 cloves		
diced chicken	1 packet	1 packet		
ginger paste	1 medium packet	1 large packet		
Mumbai spice blend	1 sachet	2 sachets		
mild North Indian spice blend	1 sachet	1 sachet		
tomato paste	1 packet	2 packets		
water* (for the curry)	1/4 cup	½ cup		
coconut milk	1 medium packet	2 medium packets		
brown sugar*	½ tbs	1 tbs		
baby spinach leaves	1 medium bag	1 large bag		
butter*	20g	40g		
coriander	1 bag	1 bag		
diced chicken**	1 packet	1 packet		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2975kJ (711Cal)	545kJ (130Cal)
Protein (g)	45.1g	8.3g
Fat, total (g)	32g	5.9g
- saturated (g)	21.5g	3.9g
Carbohydrate (g)	85.2g	15.6g
- sugars (g)	15.1g	2.8g
Sodium (mg)	981mg	180mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3632kJ (868Cal)	522kJ (125Cal)
Protein (g)	78.6g	11.3g
Fat, total (g)	34.4g	4.9g
- saturated (g)	22.3g	3.2g
Carbohydrate (g)	85.2g	12.2g
- sugars (g)	15.1g	2.2g
Sodium (mg)	1043mg	150mg

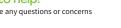
The quantities provided above are averages only.

2023 | CW24

Allergens
Always read product labels for the most
up-to-date allergen information.
Visit hellofresh.co.nz/foodinfo for allergen and ingredient
information. If you have received a substitute ingredient,
please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Roast the pumpkin

- Preheat oven to 220°C/200°C fan-forced.
- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with olive oil and season with salt and pepper.
- · Toss to coat, spread out evenly, then roast until tender. 20-25 minutes.



Cook the rice

- · Meanwhile, add the water (for the rice) to a medium saucepan and bring to the boil. Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove pan from the heat and keep covered until rice is tender and water is absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

- Meanwhile, finely chop onion (see ingredients).
- · Finely chop garlic.
- · Season diced chicken with salt.

Custom Recipe: If you've doubled your diced chicken, season as above.



Start the curry

- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook **chicken** in batches, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl.
- · Return the frying pan to medium-high heat with a drizzle of olive oil (if needed). Cook onion until softened, 2-3 minutes.
- Add ginger paste, garlic, Mumbai spice blend, mild North Indian spice blend and tomato paste and cook, stirring, until fragrant, 1-2 minutes.
- Reduce heat to medium, then add water (for the curry), coconut milk and the brown sugar. Stir to combine.



Finish the curry

- Bring the curry to the boil, then reduce heat to medium. Simmer until thickened slightly, 3 minutes.
- Return **chicken** (plus any resting juices) to the pan. Add baby spinach leaves, the butter and roasted pumpkin, then stir until spinach is wilted. Season to taste.



Serve up

- · Divide basmati rice between bowls.
- Top with Indian chicken and roast pumpkin curry.
- Tear over **coriander** to serve. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate