



# One-Pot Indian Coconut Chicken & Veggie Curry

with Baby Spinach & Flatbreads

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Celery



Garlic



Chicken Thigh



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Chicken-Style Stock Powder



Baby Spinach Leaves



Flatbreads

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

Enjoy this sunset in a bowl, the glowing curry is brimming with veggies and chicken. The hint of coconut gives it a touch of sunny flavour and you can soak it all up with fluffy flatbreads, perfect for dipping.

### Pantry items

Olive Oil

## 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

Large saucepan

## Ingredients

|                               | 2 People         | 4 People                             |
|-------------------------------|------------------|--------------------------------------|
| <b>olive oil*</b>             | refer to method  | refer to method                      |
| carrot                        | 1                | 2                                    |
| celery                        | 1 stalk          | 2 stalks                             |
| garlic                        | 2 cloves         | 4 cloves                             |
| chicken thigh                 | 1 small packet   | 2 small packets<br>OR 1 large packet |
| Mumbai spice blend            | 1 sachet         | 2 sachets                            |
| mild North Indian spice blend | 1 sachet         | 1 sachet                             |
| coconut milk                  | 1 packet (180ml) | 1 packet (400ml)                     |
| <b>water*</b>                 | ½ cup            | 1 cup                                |
| chicken-style stock powder    | 1 medium sachet  | 1 large sachet                       |
| baby spinach leaves           | 1 medium bag     | 1 large bag                          |
| flatbreads                    | 2                | 4                                    |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2287kJ (547Cal) | 451kJ (108Cal) |
| Protein (g)      | 39.7g           | 7.8g           |
| Fat, total (g)   | 33.7g           | 6.6g           |
| - saturated (g)  | 18.8g           | 3.7g           |
| Carbohydrate (g) | 56.6g           | 11.2g          |
| - sugars (g)     | 9.6g            | 1.9g           |
| Sodium (mg)      | 1690mg          | 333mg          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- Cut **carrot** into half-moons. Thinly slice **celery**. Finely chop **garlic**.
- Cut **chicken thigh** into 2cm chunks.

3



## Simmer the curry

- Reduce heat to medium-low, then simmer, until **veggies** are tender and **chicken** is cooked through, **5-8 minutes**.
- When the chicken has **3 minutes** remaining, add **baby spinach leaves** and cook until just wilted.
- Before serving, toast or grill **flatbread** to your liking, then drizzle with **olive oil**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

2



## Cook the chicken & veggies

- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, **carrot**, and **celery** until browned, **3-4 minutes**.
- Add **Mumbai spice blend**, **mild North Indian spice blend** and **garlic**. Cook until fragrant, **1 minute**.
- Add **coconut milk**, the **water** and **chicken-style stock powder**, then bring to the boil.

**Little cooks:** Kids can help by measuring the ingredients.

4



## Serve up

- Divide Indian coconut chicken and veggie curry between bowls.
- Serve with flatbreads. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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