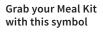


# One-Pot Indian Coconut Chicken & Veggie Curry

with Baby Spinach & Flatbreads

KID FRIENDLY CLIMATE SUPERSTAR **NEW** 









Garlic

Chicken Thigh





Mumbai Spice Blend

Mild North Indian Spice Blend







Coconut Milk

Chicken-Style Stock Powder



Leaves

Baby Spinach

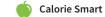


Flatbreads



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

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

9			
	2 People	4 People	
olive oil*	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 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)	
water*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

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



## 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.



# 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.



## Serve up

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



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