



Indian Chicken & Roast Pumpkin Curry

with Baby Leaves & Jasmine Rice

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Jasmine Rice



Onion



Garlic



Diced Chicken



Ginger Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Baby Leaves



Coriander



Diced Chicken

Prep in: 30-40 mins
Ready in: 40-50 mins

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Eat Me Early

Pantry items

Olive Oil, Brown Sugar, Butter

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

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 small packet	1 medium packet
water* (for the rice)	1¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
onion	½	1
garlic	1 clove	2 cloves
diced chicken	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water* (for the curry)	¼ cup	½ cup
coconut milk	1 medium packet	2 medium packets
brown sugar*	1½ tsp	1 tbs
baby leaves	1 medium packet	1 large packet
butter*	20g	40g
coriander	1 packet	1 packet
diced chicken**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3010kJ (719Cal)	549kJ (131Cal)
Protein (g)	45.3g	8.3g
Fat, total (g)	32.3g	5.9g
- saturated (g)	21.8g	4g
Carbohydrate (g)	87.2g	15.9g
- sugars (g)	15.6g	2.8g
Sodium (mg)	982mg	179mg
Dietary Fibre (g)	8.1g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3667kJ (876Cal)	525kJ (125Cal)
Protein (g)	78.7g	11.3g
Fat, total (g)	34.7g	5g
- saturated (g)	22.5g	3.2g
Carbohydrate (g)	88g	12.6g
- sugars (g)	16.4g	2.3g
Sodium (mg)	1043mg	149mg
Dietary fibre	8.1g	1.2g

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.

1



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**.

4



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.

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

Custom Recipe: If you've doubled your diced chicken, cook in batches for best results.

2



Cook the rice

- Meanwhile, add the **water (for the rice)** to a medium saucepan and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from the heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

5



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 leaves, the butter** and **roasted pumpkin**, then stir until leaves are wilted. Season to taste.

3



Get prepped

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

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW20

