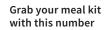


Butter Chicken Filo Pie

with Roasted Veggies

TAKEAWAY FAVES

KID FRIENDLY









Potato





Onion

Chicken Breast

Mild North



Tomato Paste

Indian Spice Blend

Mild Curry



Paste

Filo Pastry



Chicken Breast





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan · Medium or large baking dish

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	1	2	
carrot	1	2	
onion	1/2	1	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
butter* (for the sauce)	20g	40g	
mild North Indian spice blend	1 medium sachet	1 large sachet	
tomato paste	1 packet	2 packets	
mild curry paste	1 medium packet	1 large packet	
brown sugar*	2 tsp	4 tsp	
cream	1 packet	2 packets	
butter* (for the pastry)	20g	40g	
filo pastry	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4828kJ (1154Cal)	630kJ (151Cal)
Protein (g)	54.4g	7.1g
Fat, total (g)	72.3g	9.4g
- saturated (g)	42.6g	5.6g
Carbohydrate (g)	89.2g	11.6g
- sugars (g)	28.9g	3.8g
Sodium (mg)	1393mg	182mg
Dietary Fibre (g)	17.7g	2.3g

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato and carrot into bite-sized chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 20-25 minutes.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



Cook the chicken

- Meanwhile, finely chop onion (see ingredients).
 Cut chicken breast into 2cm chunks.
- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Transfer to a plate and set aside.

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



Start the sauce

- Return the frying pan to medium heat with butter (for the sauce). Cook onion until tender, 3-5 minutes.
- Add mild North Indian spice blend and tomato paste and cook until fragrant, 1-2 minutes.



Finish the sauce

- Add mild curry paste, the brown sugar, cream and a splash of water and cook until slightly reduced, 2-3 minutes.
- Remove from heat, then add roasted veggies and return chicken to the pan. Stir to combine and season to taste.



Bake the pie

- Reduce oven heat to 220°C/200°C fan-forced.
 In a small heatproof bowl, add butter (for the pastry) and microwave in 10 second bursts until melted.
- Meanwhile, transfer chicken filling to a baking dish. Lightly scrunch each sheet of filo pastry and place on top of filling to completely cover. Gently brush melted butter over to coat.
- Bake pie until golden, 15-20 minutes.

Little cooks: Join in the fun and help to scrunch the filo pastry.



Serve up

• Divide butter chicken filo pie with roasted veggies between plates. Enjoy!



DOUBLE CHICKEN BREASTFollow method above, cooking in batches if necessary.



