



Creamy Butter Chicken Filo Pie

with Roasted Veggies

WINTER WARMERS

KID FRIENDLY

Grab your meal kit with this number

33



Potato



Carrot



Onion



Chicken Breast



Mild North Indian Spice Blend



Tomato Paste



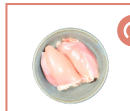
Mild Curry Paste



Cream



Filo Pastry



Chicken Thigh



Chicken Breast

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

Eat Me Early

We're taking the crowd favourite creamy, mild Indian-style spiced butter chicken and wrapping it in golden filo pastry. What does this get us? One delicious pie that's for sure! With the added flavour of roasted veggies tossed in, you're really in for a good time.

Pantry items

Olive Oil, Butter, Brown Sugar

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
onion	½	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)	4760kJ (1137Cal)	623kJ (148Cal)
Protein (g)	54.1g	7.1g
Fat, total (g)	72.2g	9.4g
- saturated (g)	42.3g	5.5g
Carbohydrate (g)	87.2g	11.4g
- sugars (g)	30.5g	4g
Sodium (mg)	1639mg	214mg
Dietary Fibre (g)	14.8g	1.9g

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**.
- Meanwhile, finely chop **onion** (see ingredients).
- Cut **chicken breast** into 2cm chunks.



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.



Cook the chicken

- 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.



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.
- 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.



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**.



Serve up

- Divide creamy butter chicken filo pie with roasted veggies between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS

SWAP TO CHICKEN THIGH
Follow method above.

DOUBLE CHICKEN BREAST
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

