Butter Chicken Filo Pie

with Roasted Veggies











Potato





Onion





Chicken Breast



Mild North Indian

Spice Blend





Tomato Paste



Longlife Cream



Filo Pastry

Mild Curry

Paste

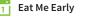




Pantry items

Olive Oil, Butter, Brown Sugar

Ready in: 45-55 mins





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.

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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 (medium)	1 (large)	
garlic	3 cloves	6 cloves	
chicken breast	1 packet	1 packet	
butter* (for the sauce)	20g	40g	
mild North Indian spice blend	1 sachet	1 sachet	
tomato paste	1 packet	2 packets	
mild curry paste	1 packet	1 packet	
brown sugar*	½ tbs	1 tbs	
longlife cream	1 bottle (250ml)	2 bottles (500ml)	
butter* (for the pastry)	20g	40g	
filo pastry	1 medium packet	1 large packet	
chicken breast**	1 packet	1 packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4767kJ (1139Cal)	668kJ (160Cal)
Protein (g)	47.9g	6.7g
Fat, total (g)	74.5g	10.4g
- saturated (g)	43g	6g
Carbohydrate (g)	84.7g	11.9g
- sugars (g)	28.1g	3.9g
Sodium (mg)	1360mg	191mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5527kJ (1321Cal)	633kJ (151Cal)
Protein (g)	80.4g	9.2g
Fat, total (g)	80.2g	9.2g
- saturated (g)	44.7g	5.1g
Carbohydrate (g)	84.7g	9.7g
- sugars (g)	28.1g	3.2g
Sodium (mg)	1459mg	167mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact 2022 | CW17



Roast the veggies

Preheat oven to 240°C/220°C fan-forced. Cut potato and carrot into bite-sized chunks. Place 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 and garlic. Cut chicken breast into 2cm chunks.

Little cooks: *Kids can help toss the veggies.*



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.

CUSTOM RECIPE

If you've doubled your chicken breast, cook chicken in batches for the best results.



Start the filling

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



Finish the filling

Add mild curry paste, the brown sugar, longlife 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. Season to taste with salt and pepper.

Little cooks: Kids can help out with measuring the brown sugar.



Bake the pie

Reduce oven to 220°C/200°C fan-forced. In a small heatproof bowl, add the 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.



Serve up

To serve, divide butter chicken filo pie with roasted veggies between plates.

Enjoy!