

Butter Chicken Filo Pie

with Roasted Veggies

Grab your Meal Kit with this symbol



Potato



Carrot



Onion



Garlic



Chicken Breast



Mild North Indian Spice Blend



Tomato Paste



Mild Curry Paste



Longlife Cream



Filo Pastry



Chicken Breast

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 30-40 mins
Ready in: 45-55 mins

Eat Me Early



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

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

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

| | 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

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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!