



Indian Chicken & Roast Pumpkin Curry

with Basmati Rice & Yoghurt

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Basmati Rice



Brown Onion



Ginger



Garlic



Mint



Chicken Thigh



Mumbai Spice Blend



Crushed & Sieved Tomatoes



Pure Cream



Baby Spinach Leaves



Yoghurt

Hands-on: 30 mins
Ready in: 40 mins

Eat me early

Roasted pumpkin, Indian spices and baby spinach join tender chicken in a mild, creamy curry that will satisfy both young and old.

Pantry items

Olive Oil, Brown Sugar, Butter

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 ·
Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
peeled & chopped pumpkin	1 packet (400g)
water* (for the rice)	3 cups
basmati rice	2 packets
brown onion	1
ginger	1 knob
garlic	2 cloves
mint	1 bunch
chicken thigh	1 packet
mumbai spice blend	2 sachets
water* (for the curry)	¼ cup
pure cream	1 bottle (300ml)
crushed & sieved tomatoes	½ tin
brown sugar*	1 tbs
salt*	¼ tsp
baby spinach leaves	1 bag (120g)
butter*	40g
yoghurt	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4090kJ (977Cal)	669kJ (160Cal)
Protein (g)	43.4g	7.1g
Fat, total (g)	50.2g	8.2g
- saturated (g)	28.0g	4.6g
Carbohydrate (g)	80.8g	13.2g
- sugars (g)	18.4g	3.0g
Sodium (g)	640mg	105mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.co.nz/foodinfo](https://www.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 the oven to **240°C/220°C fan-forced**. Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer, toss to coat, then roast **20-25 minutes**.



4. Start the curry

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add **1/2** the **chicken** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl and repeat with the **remaining chicken**. Return the pan to a medium-high heat with a **drizzle** of **olive oil** if needed. Add the **onion** and cook until softened, **4-5 minutes**. Add a **drizzle** of **olive oil**, the **ginger**, **garlic** and **Mumbai spice blend** and cook, stirring, until fragrant, **1 minute**. Add the **water (for the curry)**, **pure cream**, **1/2 tin crushed & sieved tomatoes**, **brown sugar** and the **salt**. Stir to combine.



2. Cook the rice

While the pumpkin is roasting, add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 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 the heat to medium and simmer until thickened slightly, **3 minutes**. Return the **chicken** (plus any resting juices) to the pan. Add the **baby spinach leaves**, **butter** and roasted **pumpkin** and stir until the spinach is wilted. Season generously with **salt** and **pepper** to taste.



3. Get prepped

While the rice is cooking, finely chop the **brown onion**. Finely grate the **ginger** and **garlic** (or use a garlic press). Pick and roughly chop the **mint** leaves. Cut the **chicken thigh** into 2cm chunks.



6. Serve up

Divide the basmati rice between bowls. Top with the Indian chicken curry and dollop over the **yoghurt**. Garnish with the mint to serve.

Enjoy!