

Indian Chicken & Roast Pumpkin Curry

with Basmati Rice & Yoghurt

Grab your Meal Kit with this symbol







Peeled & Chopped Pumpkin



Brown Onion

Ginger



Garlic





Chicken Thigh

Mumbai Spice Blend





Crushed & Sieved **Tomatoes**

Pure Cream





Baby Spinach Leaves

Yoghurt



Olive Oil, Brown Sugar, Butter

Pantry items



Hands-on: 30 mins Ready in: 40 mins



Eat me early

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

ingrealents	
	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)	1/4 cup
pure cream	1 bottle (300ml)
crushed & sieved tomatoes	½ tin
brown sugar*	1 tbs
salt*	1/4 tsp
baby spinach leaves	1 bag (120g)
butter*	40g
yoghurt	1 packet
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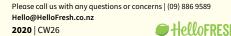
^{*}Pantry Items

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 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.



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!



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.



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.



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.



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!