

Indian Chicken & Roast Pumpkin Curry

with Basmati Rice

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Basmati Rice



Onion



Garlic



Chicken Breast



Ginger Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Salad Leaves



Herbs



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: 40-50 mins

Eat Me Early

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



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

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

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
onion	½	1
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water* (for the curry)	¼ cup	½ cup
coconut milk	1 box (200ml)	1 tin (400ml)
brown sugar*	½ tbs	1 tbs
salad leaves	1 medium bag	1 large bag
butter*	20g	40g
herbs	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4642kJ (1109Cal)	605kJ (145Cal)
Protein (g)	55.8g	7.3g
Fat, total (g)	42.5g	5.5g
- saturated (g)	26.2g	3.4g
Carbohydrate (g)	108.6g	14.2g
- sugars (g)	22.2g	2.9g
Sodium (mg)	1029mg	134mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5401kJ (1291Cal)	583kJ (139Cal)
Protein (g)	88.3g	9.5g
Fat, total (g)	48.2g	5.2g
- saturated (g)	27.9g	3g
Carbohydrate (g)	108.6g	11.7g
- sugars (g)	22.2g	2.4g
Sodium (mg)	1128mg	122mg

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 | CW12



1 Roast the pumpkin

Preheat oven to **220°C/200°C fan-forced**. Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



4 Start the curry

In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken** in batches, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl. Return the pan to medium-high heat with a drizzle of **olive oil** (if needed). Cook **onion** until softened, **2-3 minutes**. Add **ginger paste**, **garlic**, **Mumbai spice blend**, **mild North Indian spice blend** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**. Reduce heat to medium, then add **water (for the curry)**, **coconut milk** and the **brown sugar**. Stir to combine.

CUSTOM RECIPE

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



2 Cook the rice

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



3 Get prepped

While the rice is cooking, finely chop **onion** (see ingredients). Finely chop **garlic**. Cut **chicken breast** into 2cm chunks, then season with **salt**.



6 Serve up

Divide basmati rice between bowls. Top with Indian chicken and roast pumpkin curry. Tear over **herbs** to serve.

Enjoy!