

Indian Chicken & Roast Pumpkin Curry with Spinach & Basmati Rice





Prep in: **30-40** mins Ready in: **40-50** mins This fluffy rice needs to soak up the ultimate curry, so we present to you just that! A creamy yet spiced curry with two spice blend powerhouses, the Mumbai and mild North Indian spice blend. Add the chicken and veggies and you're ready to dig in as soon as this curry is served.

Pantry items Olive Oil, Brown Sugar, Butter



Early

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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	1/2	1
garlic	1 clove	2 cloves
diced chicken	1 packet	1 packet
ginger paste	1 packet (15g)	1 packet (30g)
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	1⁄2 cup
coconut milk	1 small packet	2 small packets
brown sugar*	1⁄2 tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
butter*	20g	40g
coriander	1 bag	1 bag
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2975kJ (711Cal)	545kJ (130Cal)
Protein (g)	45.1g	8.3g
Fat, total (g)	32g	5.9g
- saturated (g)	21.5g	3.9g
Carbohydrate (g)	85.2g	15.6g
- sugars (g)	15.1g	2.8g
Sodium (mg)	981mg	180mg

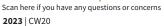
Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3632kJ (868Cal)	522kJ (125Cal)
Protein (g)	78.6g	11.3g
Fat, total (g)	34.4g	4.9g
- saturated (g)	22.3g	3.2g
Carbohydrate (g)	85.2g	12.2g
- sugars (g)	15.1g	2.2g
Sodium (mg)	1043mg	150mg

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.

We're here to help!



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.



Cook the rice

- Meanwhile, add the 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!



Get prepped

- Meanwhile, finely chop onion (see ingredients).
- Finely chop garlic.
- · Season diced chicken with salt.

Custom Recipe: If you've doubled your diced chicken, season as above.



Start the curru

- 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: Cook chicken in batches for best results.



Finish the curru

- · Bring the curry to the boil, then reduce heat to medium. Simmer until thickened slightly, 3 minutes.
- Return **chicken** (plus any resting juices) to the pan. Add baby spinach leaves, the butter and roasted pumpkin, then stir until the spinach is wilted. Season to taste.



Serve up

- Divide basmati rice between bowls.
- Top with Indian chicken and roast pumpkin curry.
- Tear over coriander to serve. Enjoy!

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