



Indian Chicken & Roast Pumpkin Curry

with Spinach & Basmati Rice

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Basmati Rice



Onion



Garlic



Diced Chicken



Ginger Paste



Mumbai Spice Blend



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Baby Spinach Leaves



Coriander



Diced Chicken

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.

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

Eat Me Early

Pantry items

Olive Oil, Brown Sugar, Butter

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	½	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	½ cup
coconut milk	1 small packet	2 small packets
brown sugar*	½ 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!

Scan here if you have any questions or concerns

2023 | CW20



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: Cook chicken in batches for best results.

2



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!

5



Finish the curry

- 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.

3



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.

6



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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