



Curried Chicken Stew

with Garlic Naan

Quick

25 Minutes



Chicken Tenders



Indian Spice Mix



Tomato Sauce Base



Green Peas



Garlic, cloves



Yellow Onion



Naan Bread



Mild Curry Paste



Russet Potato



Chicken Broth Concentrate

HELLO INDIAN SPICE MIX

A warming blend of sweet, aromatic and zesty spices!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, silicone brush, small bowl, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Indian Spice Mix	1 tbsp	2 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Green Peas	113 g	227 g
Garlic, cloves	2	4
Yellow Onion	56 g	113 g
Naan Bread	2	4
Mild Curry Paste	2 tbsp	4 tbsp
Russet Potato	230 g	460 g
Chicken Broth Concentrate	2	4
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep

Peel, then cut **potatoes** into ¼-inch pieces. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels, then cut into 1-inch pieces.



4 Cook stew

Add **broth concentrate, chicken** and **1 ¾ cups water** (dbl for 4 ppl) to the pot, then stir to combine. Cook, stirring often, until **potatoes** are tender and **chicken** is cooked through, 8-12 min.** Add **peas**, then season with **salt and pepper**. Cook, stirring often, until **peas** are warmed through, 5 min.



2 Sear chicken

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Season with **salt and pepper**. Cook, stirring occasionally, until **chicken** is golden-brown all over, 2-3 min. Transfer **chicken** to a plate. (**NOTE:** Chicken will finish cooking in step 4.)



5 Broil garlic naan

While **peas** cook, add **1 tbsp butter** (dbl for 4 ppl) and **remaining garlic** to a small microwave-safe bowl. Heat in the microwave until **butter** melts, 30 sec. Arrange **naan** on an unlined baking sheet. Brush with **garlic butter**, then season with **salt**. Broil in the **middle** of the oven until golden-brown, 2-4 min. (**TIP:** Keep your eye on the naan so they don't burn!)



3 Cook veggies and spices

Reduce heat to medium, then add **2 tbsp butter** (dbl for 4 ppl), **onions, potatoes** and **half the garlic** to the same pot. Cook, stirring often, until **onions** soften slightly, 2-3 min. Add **Indian Spice Mix, tomato sauce base** and **curry paste**. Cook, stirring often, until fragrant, 1 min.



6 Finish and serve

Divide **curried chicken stew** between bowls. Serve **garlic naan** on the side for dipping.

Dinner Solved!