



# North African Chicken Peanut Stew

with Sweet Potatoes and Lime Yogurt

PRONTO

SPICY

30 Minutes



Chicken Thighs



Basmati Rice



Smooth Peanut Butter



Chicken Broth Concentrate



Onion, chopped



Cumin-Turmeric Spice Blend



Chili Pepper



Sweet Potato



Ginger



Cilantro



Lime



Greek Yogurt

### HELLO PEANUT BUTTER

*A dollop of peanut butter adds instant richness!*

# Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

## Bust Out

Baking Sheet, Large Non-Stick Pan, Measuring Spoons, Medium Pot, Grater, Paper Towels, Parchment Paper, Small Bowl, Zester, Microplane/Zester, Measuring Cups

## Ingredients

	2 Person	4 Person
Chicken Thighs	310 g**	620 g**
Basmati Rice	¾ cup	1 ½ cup
Smooth Peanut Butter	3 tbsp	6 tbsp
Chicken Broth Concentrate	1	2
Onion, chopped	56 g	113 g
Cumin-Turmeric Spice Blend	½ tbsp	1 tbsp
Chili Pepper 🌶️	1	2
Sweet Potato	340 g	680 g
Ginger	30 g	60 g
Cilantro	7 g	14 g
Lime	1	2
Greek Yogurt	100 g	200 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Minimum weight of chicken thighs

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

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Bring **1 ½ cups water** (dbl for 4 ppl) to a boil in a medium pot. Meanwhile, finely chop **cilantro**. Peel, then finely grate **ginger**. Cut **sweet potato** into ½-inch pieces. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Finely chop **chili**. (**NOTE:** We suggest using gloves when prepping chili!) Pat **chicken** dry with paper towels, then cut ½-inch pieces.



### 4. ASSEMBLE STEW

Add another **1 tbsp oil** (dbl for 4 ppl) to the pan, then **onions, ginger, half the chili** and **remaining Cumin-Turmeric Spice Blend**. Cook, stirring often, until **veggies** are softened, 3-4 min. Remove pan from heat. Add **chicken, peanut butter, broth concentrate, half the cilantro** and **1 cup water** (dbl for 4 ppl). Simmer, stirring occasionally, until **sauce** is slightly thickened, 2-3 min.



### 2. COOK RICE & SWEET POTATOES

Add **rice** to the pot of **boiling water**. Reduce the heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. Meanwhile, toss **sweet potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, until golden-brown, 22-23 min.



### 5. MAKE CREMA

While **sauce** cooks, add **yogurt, 1 tsp lime zest** and **1 tbsp lime juice** (dbl both for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Stir to combine.



### 3. COOK CHICKEN

While **sweet potatoes** cook, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **chicken** and **half the Cumin-Turmeric Spice Blend**. Cook, stirring often, until browned, 4-5 min. \*\*\* Transfer to a plate and set aside.



### 6. FINISH AND SERVE

Fluff **rice** with a fork, then season with **salt**. Divide the **rice** and **sweet potatoes** between the plates. Top **rice** with the **stew**. Sprinkle over **remaining chili** and **remaining cilantro**. Drizzle over **lime crema**. Squeeze over a **lime wedge**, if desired.

## Dinner Solved!