

# **HELLO** Rich Chicken and Sweet Potato Curry with Rutteru Basmati Rice

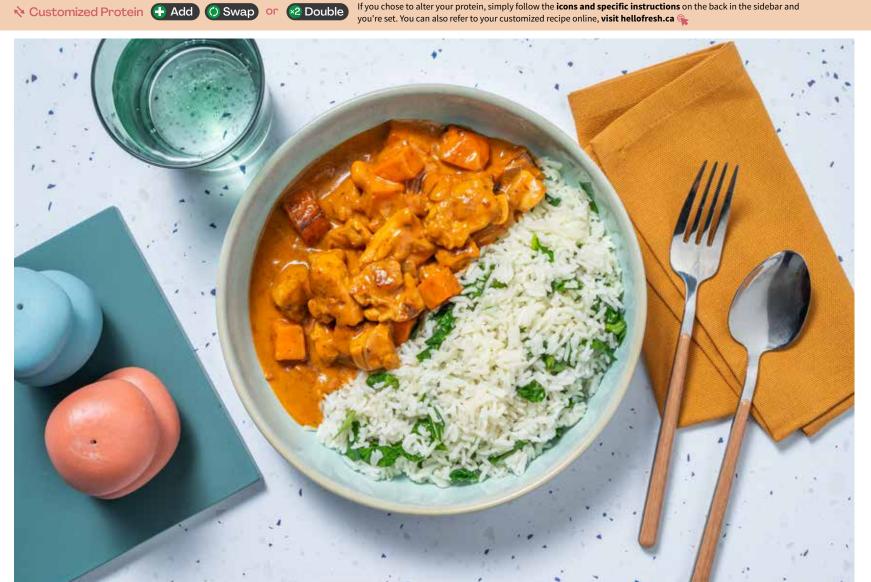
with Buttery Basmati Rice

Family Friendly 30-40 Minutes





Breasts





Chicken Thighs



280 g | 560 g





Sweet Potato



1 2

**Baby Spinach** 28 g | 56 g



Yellow Onion



1 | 1

Tikka Sauce 1/2 cup | 1 cup



**Curry Paste** 2 tbsp | 4 tbsp



1 tsp | 2 tsp



56 ml | 113 ml

Allengens 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. Cooking utensils | Baking sheet, measuring spoons, medium pot, parchment paper, measuring cups, paper towels, large non-stick pan



# Prep and roast sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut sweet potato into ½-inch pieces.
- Add sweet potatoes and 1 tbsp (2 tbsp) oil to a parchment-lined baking sheet. Season with salt and pepper, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and goldenbrown, 18-20 min.
- Meanwhile, add 1 ¼ cups (2 ½ cups) water,
  1 tbsp (2 tbsp) butter and half the garlic salt to a medium pot. Cover and bring to a boil over high heat.



# Prep and cook rice

- Meanwhile, peel, then cut half the onion (whole onion for 4 ppl) into ¼-inch pieces.
- Roughly chop spinach, if desired.
- Add rice to the boiling water. Reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat, then add spinach. Set aside, still covered.



# Prep chicken

O Swap | Chicken Breasts

#### O Swap | Tofu

- While the pan heats, pat **chicken** dry with paper towels. Cut into 1-inch pieces.
- Season with remaining garlic salt and pepper.



#### Start chicken and onions

- Heat a large non-stick pan over medium-high heat (NOTE: Use high heat for 4 ppl).
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then **chicken** and **onions**.
- Cook, tossing often, until onions are tender and chicken is golden, 4-5 min (NOTE: Chicken will finish cooking in the next step.)



## Make sauce and finish chicken

- Add curry paste to the pan with chicken.
  Cook, stirring often, until fragrant, 30 sec.
- Reduce heat to medium-low, then add tikka sauce, cream and ¼ cup (½ cup) water.
- Cook, stirring occasionally, until sauce thickens slightly and chicken is cooked through, 5-7 min.\*\*
- Add roasted sweet potatoes, then stir to combine.
- Remove from heat, then cover to keep warm.



## Finish and serve

- Fluff rice and spinach with a fork.
- Divide **rice** and **spinach** between plates.
- Top with **rich chicken and sweet potato curry**.

# 3 | Prep chicken

Measurements

within steps

#### O Swap | Chicken Breasts

If you've opted to get **chicken breasts** prepare, cook and plate them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.\*\*

1 tbsp

oil

(2 tbsp)

#### 3 | Start tofu and onions

#### O Swap | Tofu

If you've opted to get **tofu**, prepare and cook it the same way as the **chicken thighs**, until crispy and golden-brown all over, 6-7 min.

