



Indian Chicken & Creamy Red Lentil Curry


with Crispy Flatbreads

Grab your Meal Kit with this symbol



-  Peeled & Chopped Pumpkin
-  Brown Onion
-  Ginger
-  Tomato
-  Chicken Thigh
-  Red Lentils
-  Mild North Indian Spice Blend
-  Chilli Flakes (Optional)
-  Coconut Milk
-  Vegetable Stock
-  Baby Spinach Leaves
-  Mini Flour Tortillas

 Hands-on: **20-30 mins**
 Ready in: **45-55 mins**  Spicy (optional chilli flakes)

 Eat me early

This creamy chicken curry gets a wholesome boost from lentils, which are a great source of protein and fibre. But best of all, they give extra texture and make it not just delicious, but totally and utterly satisfying.

Unfortunately, this week's courgette was in short supply, so we've replaced it with baby spinach leaves. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
brown onion	1 (medium)	1 (large)
ginger	1 knob	2 knobs
tomato	1	2
chicken thigh	1 packet	1 packet
red lentils	1 packet	2 packets
mild North Indian spice blend	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
water*	1¾ cups	3½ cups
coconut milk	1 tin (165ml)	1 tin (400ml)
vegetable stock	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
mini flour tortillas	2	4

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3360kJ (802Cal)	483kJ (115Cal)
Protein (g)	55.9g	8.0g
Fat, total (g)	27.2g	3.9g
- saturated (g)	12.9g	1.9g
Carbohydrate (g)	73.9g	10.6g
- sugars (g)	19.1g	2.7g
Sodium (g)	556mg	80mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.



2. Get prepped

While the pumpkin is roasting, finely chop the **brown onion**. Finely grate the **ginger**. Roughly chop the **tomato**. Cut the **chicken thigh** into 2cm chunks. Rinse the **red lentils**.



3. Start the curry

In a medium saucepan, heat a **drizzle** of **olive oil** over a high heat. Add the **chicken** and cook, tossing, until browned and cooked through, **3-4 minutes**. Season with **salt** and **pepper** and transfer to a plate. Return the pan to a medium-high heat with a **drizzle** more **olive oil**, then add the **onion** and cook until soft, **3-4 minutes**. Add the **ginger**, **mild North Indian spice blend** and a **pinch** of **chilli flakes** (if using). Cook, stirring, until fragrant, **1 minute**. Add the **water**, **coconut milk** and **vegetable stock**. Stir to combine.



4. Simmer the curry

Add the **tomato** and **red lentils** to the saucepan with a **pinch** of **salt** and **pepper**. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook until the lentils are softened, **20-22 minutes**. Stir through the **chicken**, **baby spinach leaves** and roasted **pumpkin** and season to taste with **salt** and **pepper**.

TIP: If the curry looks a little dry at any point, just add a splash of water.



5. Make the flatbreads

When the curry has **5 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. When the oil is hot, add a **mini flour tortilla** to the pan and cook until golden, **1-2 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining tortillas** (see ingredients list).



6. Serve up

Divide the Indian chicken and creamy red lentil curry between plates. Serve with the crispy flatbreads.

Enjoy!