



Indian Chicken & Kumara Curry

with Basmati Rice & Yoghurt

Grab your Meal Kit with this symbol



Kumara



Carrot



Basmati Rice



Brown Onion



Ginger



Garlic



Coriander



Asian Greens



Chicken Thigh



Mild North Indian Spice Blend



Tomato Paste



Coconut Cream



Chicken Stock



Yoghurt

Hands-on: 35-45 mins
Ready in: 40-50 mins

Eat me early

There's nothing like a rich, sweet, buttery curry to satisfy a growling belly. From the wafting aromas of India in the silky coconut sauce to the mellow notes of the roasted kumara, this dish will indulge your senses in more ways than one.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
carrot	1	2
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	½	1
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
coriander	1 bunch	1 bunch
Asian greens	1 bunch	1 bunch
chicken thigh	1 packet	1 packet
mild North Indian spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water* (for the curry)	¼ cup	½ cup
coconut cream	1 tin (200ml)	1 tin (400ml)
chicken stock	1 sachet	1 sachet
yoghurt	1 packet (100g)	1 packet (150g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4030kJ (963Cal)	578kJ (138Cal)
Protein (g)	45.8g	6.6g
Fat, total (g)	40.3g	5.8g
- saturated (g)	30.3g	4.3g
Carbohydrate (g)	97.7g	14.0g
- sugars (g)	24.4g	3.5g
Sodium (mg)	497mg	71mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Cut the **carrot** (unpeeled) into 2cm chunks. Place the **kumara** and **carrot** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Spread out in a single layer. Roast on the top oven rack until tender, **25-30 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Start the curry

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **chicken** and cook, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil** if needed. Add the **onion** and cook until softened, **4-5 minutes**. Add the **ginger**, **garlic** and **mild North Indian spice blend**. Cook, stirring, until fragrant, **1 minute**. Add the **tomato paste** and stir to combine. Add the **water (for the curry)**, **coconut cream** and the **chicken stock**. Stir to combine.



2. Cook the rice

While the veggies are roasting, bring the **water (for the rice)** to the boil in a medium saucepan. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



5. Finish the curry

Return the **chicken** (plus any resting juices) to the frying pan and simmer until the curry has thickened, **2-3 minutes**. Add the **Asian greens** and roasted **veggies** and stir until the greens have wilted. Season generously with **salt** and **pepper** to taste.

TIP: Seasoning is key in this dish. Taste and add more salt and pepper depending on taste.



3. Prep the curry

While the rice is cooking, finely chop the **brown onion (see ingredients list)**. Finely grate the **ginger**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**. Roughly chop the **Asian greens**. Cut the **chicken thigh** into 2cm chunks.



6. Serve up

Divide the basmati rice between bowls and top with the Indian chicken and kumara curry. Top with the **yoghurt** and coriander.

Enjoy!