



# Smoky Nigerian Style Curried Chicken Stew

with Rice and Spinach

A Taste of Nigeria 30-35 Minutes • 2 of your 5 a day

5



Basmati Rice



Onion



Bell Pepper



Curry Powder Mix



British Chicken Thighs



Smoked Paprika



Tomato Passata



Chicken Stock Paste



Baby Spinach



British Chicken Breasts

#### Pantry Items

Oil, Salt, Pepper, Plain Flour, Sugar, Honey

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Flavoured with warming curry spices alongside a savoury base of tomato and pepper, this recipe takes inspiration from a staple recipe in Nigeria called Obè Ata, or 'red stew'. Smoked paprika rounds out the flavour profile to deliver a comforting bowl of warmth.



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Saucepan, lid, bowl, frying pan, baking tray and baking paper.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion	1	2	2
Bell Pepper***	1	2	2
Curry Powder Mix	2 sachets	3 sachets	4 sachets
British Chicken Thighs**	4	6	8
Smoked Paprika	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
British Chicken Breasts**	2	3	4
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Salt*	¼ tsp	½ tsp	½ tsp
Plain Flour*	1.5g	2.5g	3g
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.


## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	608g	100g	538g	100g
Energy (kJ/kcal)	3347 / 800	551 / 132	2330 / 577	433 / 104
Fat (g)	28.9	4.8	5.1	0.9
Sat. Fat (g)	8.1	1.3	1.2	0.2
Carbohydrate (g)	90.9	15.0	91.0	16.9
Sugars (g)	21.2	3.5	21.3	4.0
Protein (g)	52.7	8.7	42.4	7.9
Salt (g)	3.14	0.52	2.87	0.53

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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## Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Fry the Veg

Wipe out the (now empty) frying pan and return to medium-high heat with a drizzle of **oil**.

Once hot, add the **onion** and **pepper chunks**. Fry until tender, 5-6 mins. Season with **salt** and **pepper**. Continue to stir while it cooks.

Once softened, add the **smoked paprika** and remaining **curry powder**. Cook until fragrant, 1 min.



## Do the Prep

Meanwhile, halve, peel and chop the **onion** into small pieces.

Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.

In a large bowl, combine the **salt, flour** (see pantry for both amounts) and **half the curry powder**. Season with **pepper**.

Add the **chicken thighs** and toss to coat in the **spiced flour**. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

↔ Swap to Chicken Breast

Coat the **chicken** in the same way, then pan-fry and bake for the same amount of time.



## Simmer Simmer

Stir the **passata, chicken stock paste, sugar** and **water for the sauce** (see pantry for both amounts) into the **veg** pan. Bring to the boil and simmer until thickened slightly, 3-4 mins.

When the **chicken** has a few mins remaining, drizzle over the **honey** (see pantry for amount). Turn to coat, then return to the oven for the remaining time.

When the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Remove from the heat.

Taste and season if needed. Add a splash of **water** if it's a little thick.

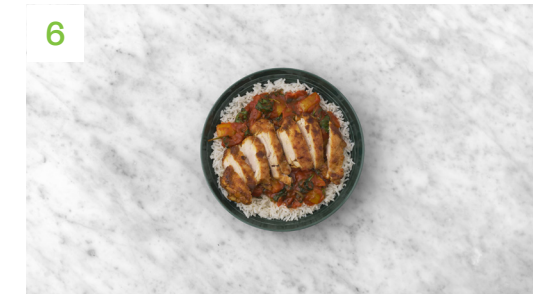


## Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan. Fry until browned all over, 5 mins each side.

Once the **chicken** is browned, pop it onto a lined baking tray. Bake on the middle shelf of your oven until cooked through, 10-12 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



## Serve Up

When everything's ready, cut the **chicken** widthways into 1cm slices.

Fluff up the **rice** with a fork and share between your bowls.

Spoon over the **tomato sauce**. Top with the **sliced chicken**.

Enjoy!