# HELLO FRESH

# Creamy Spiced Lentil and Chicken Curry
## with Sweet Potato and Spinach

**Rapid** · 20 Minutes · Medium Spice · 1 of your 5 a day

**12**



Sweet Potato

Garlic Clove

Lime

Brown Lentils

Diced Chicken Breast

Pasanda Style Seasoning

Coconut Milk

Vegetable Stock Paste

Baby Spinach

## Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, sieve and saucepan.

## Ingredients

|  | 2P | 3P | 4P |
|---|---|---|---|
| Sweet Potato** | 1 | 2 | 2 |
| Garlic Clove** | 1 | 2 | 2 |
| Lime** | ½ | 1 | 1 |
| Brown Lentils | 1 carton | 2 cartons | 2 cartons |
| Diced Chicken Breast** | 280g | 420g | 560g |
| Pasanda Style Seasoning | 1 sachet | 1 sachet | 2 sachets |
| Coconut Milk | 200ml | 300ml | 400ml |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Water for the Curry* | 50ml | 75ml | 100ml |
| Baby Spinach** | 40g | 60g | 80g |

*Not Included  **Store in the Fridge

## Nutrition

|  | Per serving | Per 100g |
|---|---|---|
| for uncooked ingredient | 534g | 100g |
| Energy (kJ/kcal) | 2469 /590 | 462 /110 |
| Fat (g) | 21.3 | 4.0 |
| Sat. Fat (g) | 17.1 | 3.2 |
| Carbohydrate (g) | 50.6 | 9.5 |
| Sugars (g) | 9.2 | 1.7 |
| Protein (g) | 45.4 | 8.5 |
| Salt (g) | 1.64 | 0.31 |

*Nutrition for uncooked ingredients based on 2 person recipe.*

## Allergens

10) Celery

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, milk, egg, mustard, celery, soya, 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.

## Contact

### 1



### Roast the Sweet Potato

**a)** Preheat your oven to 230°C/210°C fan/gas mark 8.

**b)** Chop the **sweet potato** into 1cm chunks (no need to peel). Pop onto a baking tray.

**c)** Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer. **TIP:** *Use two baking trays if necessary.*

**d)** When the oven is hot, roast on the top shelf until golden and tender, 16-18 mins. Turn halfway through.

### 2



### Get Prepped

**a)** Meanwhile, peel and grate the **garlic** (or use a garlic press).

**b)** Halve the **lime**.

**c)** Drain and rinse the **lentils** in a sieve.

### 3



### Fry the Chicken

**a)** Heat a drizzle of **oil** in a large saucepan on medium-high heat.

**b)** Once hot, add the **chicken** and season with **salt** and **pepper**. Cook until browned all over, 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

**c)** Add the **garlic** and **pasanda style seasoning**. Cook, stirring, for 1 min.

### 4



### Simmer your Curry

**a)** Add the **coconut milk**, **veg stock paste** and **water for the curry** (see ingredients for amount) to the **chicken**. Mix well, then add the **lentils**.

**b)** Bring to the boil, stir, then lower the heat so the **sauce** simmers gently.

**c)** Cook until the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

### 5



### Add the Veg

**a)** Add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 1-2 mins.

**b)** Once the **sweet potato** is cooked, add to the **curry** with a squeeze of **lime juice**. Taste and season if needed. Add a splash more **water** if it's a bit dry.

**c)** Cut any remaining **lime** into **wedges**.

### 6



### Serve

**a)** Divide the **lentil and chicken curry** between your bowls.

**b)** Serve with any remaining **lime wedges** for squeezing over.

### Enjoy!