



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

**Rapid** 20 Minutes • Medium Spice • 3 of your 5 a day

16



Sweet Potato



Red Onion



Garlic Clove



Lime



Brown Lentils



Diced Chicken Breast



Pasanda Style Seasoning



Coconut Milk



Vegetable Stock Paste



Baby Spinach



King Prawns



### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.  
Happy cooking!


## 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
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Lime**	1	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 <b>10)</b>	10g	15g	20g
Water for the Curry*	50ml	75ml	100ml
Baby Spinach**	100g	150g	200g
 King Prawns** <b>5)</b>	150g	225g	300g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>688g</b>	<b>100g</b>
Energy (kJ/kcal)	2642 /631	384 /92
Fat (g)	22	3
Sat. Fat (g)	17	2
Carbohydrate (g)	58	8
Sugars (g)	12	2
Protein (g)	48	7
Salt (g)	2.66	0.39

	Per serving	Per 100g
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>763g</b>	<b>100g</b>
Energy (kJ/kcal)	2861 /684	375 /90
Fat (g)	23	3
Sat. Fat (g)	17	2
Carbohydrate (g)	58	8
Sugars (g)	12	2
Protein (g)	60	8
Salt (g)	3.56	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

5) Crustaceans 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.

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## Roast the Sweet Potato

- Preheat your oven to 210°C.
- Peel and chop the **sweet potato** into 1cm chunks (no need to peel).
- Pop the **sweet potato** onto a baking tray. 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*. When the oven is hot, roast on the top shelf until golden and tender, 16-18 mins.



## Simmer your Curry

- Add the **coconut milk**, **veg stock paste** and **water for the curry** (see ingredients for amount). Mix well, then add the **lentils**.
- Bring to the boil, stir and lower the heat so the **sauce** simmers gently. Cook until the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** The *chicken is cooked when no longer pink in the middle*.

 **CUSTOM RECIPE**

If you've added **prawns** to your **curry**, once the **chicken** is cooked, stir in the **prawns** and cook for another 3-4 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.*



## Get Prepped

- Halve, peel and chop the **red onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press). Halve the **lime**.
- Drain and rinse the **lentils** in a sieve.



## Add your Veg

- Add the **spinach** to the **curry** a handful at a time. Stir until wilted and piping hot, 1-2 mins.
- Once the **sweet potato** is cooked, add to the **curry** with a squeeze of **lime juice**. Taste and season if needed. **TIP:** *Add a splash more water if it's a bit dry.*
- Cut any remaining **lime** into wedges.



## Fry your Chicken

- Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **chicken** and season with **salt** and **pepper**. Cook until browned all over, 5-6 mins. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.*
- Add the **onion** and cook, stirring, until softened, 1-2 mins.
- Add the **garlic** and **pasanda style seasoning**. Cook, stirring, 1 min.



## Serve

- Divide the **lentil and chicken curry** between your bowls.
  - Serve with any remaining **lime wedges** for squeezing over.
- ## Enjoy!