



Roasted Sweet Potato, Ginger and Garlic Chicken Stew with Lime and Spinach

Rapid Eat Me Early • 20 Minutes • Little Spice • 2 of your 5 a day

15



Sweet Potato



Diced Chicken Thigh



Echalion Shallot



Garlic Clove



Red Chilli



Lime



Ginger Puree



Tomato Puree



Coconut Milk



Chicken Stock Powder



Baby Spinach



Soy Sauce



Diced Chicken Breast



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.

Before you start Cooking tools, you will need:

Wide Baking Tray, Frying Pan, Garlic Press, Zester

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Red Chilli**	½	1	1
Lime**	½	1	1
Ginger Puree	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Baby Spinach**	100g	150g	200g
Soy Sauce 11 13	1 sachet	1 sachet	2 sachets
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	511g	100g
Energy (kJ/kcal)	2502 /598	490 /117
Fat (g)	32	6
Sat. Fat (g)	20	4
Carbohydrate (g)	41	8
Sugars (g)	14	3
Protein (g)	37	7
Salt (g)	2.22	0.43
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	511g	100g
Energy (kJ/kcal)	2185 /522	428 /102
Fat (g)	22	4
Sat. Fat (g)	17	3
Carbohydrate (g)	41	8
Sugars (g)	14	3
Protein (g)	42	8
Salt (g)	2.22	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Roast the Sweet Potato

a) Preheat your oven to 220°C. Chop the **sweet potatoes** into 1cm chunks (no need to peel).

b) Pop the **potatoes** on a low sided, wide baking tray.

c) Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat then spread out in a single layer.

d) Once your oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through cooking.

e) **Tip:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Add the Flavour

a) Once the **chicken** is browned, add the **shallot** to the pan and fry together with the **chicken** until starting to soften, 3-4 mins.

b) Stir in the **garlic**, **ginger puree**, **finely chopped chilli** (careful it's hot! Add less if you don't like heat) and **tomato puree**. Cook for 1 minute.

c) Pour in the **coconut milk**, **water** (see ingredients for amount) and **chicken stock powder**.



Cook the Chicken

a) Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.

b) Once hot, add the **diced chicken thighs**, season with **salt** and **pepper** and stir-fry until browned, 3-4 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



CUSTOM RECIPE

If you've opted for **diced chicken breast** instead of **diced chicken thigh**, just cook it in the same way the recipe tells you to cook the **thigh** throughout the step above and in the rest of the recipe.



Simmer

a) Bring to the boil and simmer until the **sauce** has reduced slightly and the flavours have developed, 3-4 mins.

b) Then stir in the **spinach** a handful at a time until it's wilted and everything is piping hot, 1-2 mins.

c) Remove from the heat, squeeze in some of the **lime juice** and add **half** the **soy sauce**.

d) Taste and add more **lime juice** and **soy sauce** if you feel it needs it.

e) Stir in the **roasted sweet potato**.



Finish the Prep

a) While the **chicken** cooks, halve, peel and thinly slice the **shallot**.

b) Peel and grate the **garlic** (or use a **garlic press**).

c) Thinly slice **half** the **chilli** and finely chop the rest.

d) Zest and halve the **lime**.



Serve

a) Serve in bowls with the **sliced chilli** (Remember to go easy, it's hot) and **lime zest** sprinkled on top.

Enjoy!