



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

24

Calorie Smart **Eat Me Early** • 20 Minutes • Little Spice • 1 of your 5 a day • Under 600 Calorie



Sweet Potato



Diced Chicken Thigh



Echalion Shallot



Garlic Clove



Red Chilli



Lime



Ginger Puree



Tomato Puree



Coconut Milk



Chicken Stock Paste



Baby Spinach



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Frying Pan, Garlic Press, Zester and Bowl.

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	400ml	400ml
Water*	150ml	200ml	300ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Soy Sauce 11) 13)	25ml	25ml	50ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	565g	100g
Energy (kJ/kcal)	2548 /609	451 /108
Fat (g)	32	6
Sat. Fat (g)	19	3
Carbohydrate (g)	39	7
Sugars (g)	13	2
Protein (g)	38	7
Salt (g)	3.82	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

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.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



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** onto a large baking tray.

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

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



Start the Stew

a) Once the **chicken** is browned, add the **shallot** to the pan and fry 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 min. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

c) Pour in the **coconut milk, water** (see ingredients for amount) and **chicken stock paste**. Stir together and bring to the boil.



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 thigh**, season with **salt** and **pepper** and stir-fry until browned, 3-4 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.



Simmer

a) Simmer until the **sauce** has reduced slightly and the flavours have developed, 3-4 mins.

b) Stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

c) Remove from the heat, then squeeze in some of the **lime juice** and add **half** the **soy sauce**. Taste and add more of each if you feel it needs it.

d) Stir in the **roasted sweet potato** and add a splash more **water** if it's a bit too thick.



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** (add less if you don't like heat) and **lime zest** sprinkled on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

