



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

24

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



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!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, garlic press and fine grater.

Ingredients

	2P	3P	4P
Sweet Potato**	¾	1½	1½
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 for the Sauce*	150ml	200ml	300ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Soy Sauce 11) 13)	15ml	15ml	30ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	447g	100g
Energy (kJ/kcal)	2341 /559	523 /125
Fat (g)	31.5	7.0
Sat. Fat (g)	19.8	4.4
Carbohydrate (g)	32.2	7.2
Sugars (g)	10.6	2.4
Protein (g)	35.6	8.0
Salt (g)	3.10	0.69

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

11) Soya 13) Cereals containing gluten

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 240°C/220°C fan/gas mark 9.

Chop the **sweet potato** into small 1cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then 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, 18-20 mins. Turn halfway through.



Start the Stew

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

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.

Pour in the **coconut milk**, **water for the sauce** (see ingredients for amount) and **chicken stock paste**, then stir together.



Cook the Chicken

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

Once hot, add the **diced chicken thigh**. Season with **salt** and **pepper** and stir-fry until browned, 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Add the Spinach

Bring the **stew** to the boil and simmer until the **sauce** has thickened, 5-6 mins.

Once thickened, stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Remove from the heat, squeeze in some of the **lime juice** and add the **soy sauce**. Taste and add more **lime juice** if needed.

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



Finish the Prep

While the **chicken** cooks, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).

Halve the **chilli** lengthways, deseed, then thinly slice **half** the **chilli**. Finely chop the rest.

Zest and halve the **lime**.



Serve

Spoon the **chicken stew** into your bowls.

To finish, sprinkle with the **sliced chilli** (add less if you don't like heat) and **lime zest**.

Enjoy!

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