



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

26

Calorie Smart 25-30 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Sweet Potato



Diced Chicken Thigh



Garlic Clove



Red Chilli



Lime



Ginger Puree



Soy Sauce



Tomato Puree



Coconut Milk



Chicken Stock Paste



Baby Spinach



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	1½	2
Diced Chicken Thigh**	260g	390g	520g
Garlic Clove**	2	3	4
Red Chilli**	½	1	1
Lime**	½	1	1
Ginger Puree	15g	15g	30g
Soy Sauce 11 13	15ml	15ml	30ml
Tomato Puree	30g	60g	60g
Coconut Milk	200ml	400ml	400ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	125ml	180ml	250ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	442g	100g	442g	100g
Energy (kJ/kcal)	2538 /607	574 /137	2277 /544	515 /123
Fat (g)	35.0	7.9	24.8	5.6
Sat. Fat (g)	23.3	5.3	20.3	4.6
Carbohydrate (g)	38.1	8.6	37.8	8.6
Sugars (g)	13.4	3.0	13.4	3.0
Protein (g)	37.4	8.5	40.2	9.1
Salt (g)	3.50	0.79	3.44	0.78

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ 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.

Contact

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Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **sweet potatoes** into 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, 20-25 mins. Turn halfway through.



Bring on the Stew

Once the **chicken** has browned, stir in the **garlic**, **ginger puree**, **half** the **red chilli** (add less if you'd prefer things milder), **soy sauce** and **tomato puree**. Cook for 1 min.

Pour in the **coconut milk**, **chicken stock paste** and **water for the sauce** (see pantry for amount). Stir to combine, then bring to the boil.



Fry the Chicken

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

Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**. Fry until golden brown on the outside, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Add the Spinach

Simmer until the **stew** 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 and squeeze in some **lime juice**. Taste and add more **salt**, **pepper** and **lime juice** if needed. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Finish the Prep

While everything cooks, peel and grate the **garlic** (or use a garlic press).

Halve the **red chilli** lengthways, deseed, then finely chop.

Zest and halve the **lime** (see ingredients for amount).



Serve

Stir the **roasted sweet potato** through the **stew**. Add a splash more **water** if you feel it needs it. Reheat if needed.

When everything's piping hot, serve your **chicken stew** between your bowls.

Top with the remaining **red chilli** and the **lime zest** to finish.

Enjoy!