



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

26

Calorie Smart

20-25 Minutes • Medium Spice • 2 of your 5 a day



Sweet Potato



Garlic Clove



Lime



Lentils



Diced British  
Chicken Breast



Pasanda Style  
Seasoning



Coconut Milk



Vegetable Stock Paste



Baby Spinach



Paneer

**Pantry Items**  
Oil, Salt, Pepper

**Make it Vegetarian**

If you chose to make this recipe veggie,  
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, garlic press, sieve and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Garlic Clove**	1	2	2
Lime**	½	1	1
Lentils	1 carton	2 cartons	2 cartons
Diced British Chicken Breast**	240g	390g	480g
Pasanda Style Seasoning	1 sachet	1 sachet	2 sachets
Coconut Milk	180ml	250ml	360ml
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Baby Spinach**	40g	60g	80g
Paneer** <b>7)</b>	226g	226g	452g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Curry*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	540g	100g	527g	100g
Energy (kJ/kcal)	2358 /564	437 /104	3502 /837	665 /159
Fat (g)	19.9	3.7	52.9	10.0
Sat. Fat (g)	14.8	2.7	34.4	6.5
Carbohydrate (g)	47.3	8.8	51.8	9.8
Sugars (g)	10.5	1.9	14.7	2.8
Protein (g)	46.5	8.6	38.6	7.3
Salt (g)	2.95	0.55	3.32	0.63

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

## Allergens

**7) Milk 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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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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 1cm chunks (no need to peel). Pop onto a 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 and tender, 16-18 mins. Turn halfway through.



## Simmer your Curry

- Add the **coconut milk**, **veg stock paste** and **water for the curry** (see pantry for amount) to the **chicken**. Mix well, then add the **lentils**.
- Bring to the boil, stir, then 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.



## Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **lime** (see ingredients for amount).
- Drain and rinse the **lentils** in a sieve.



## Add the Veg

- Add the **spinach** to the **curry** a handful at a time 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, adding a splash of **water** if it's a little dry.

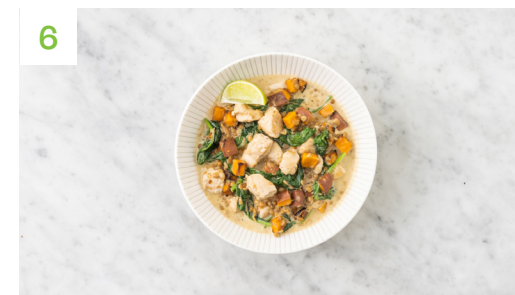


## Fry and Spice the Chicken

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

## Make it Vegetarian

If you've chosen the veggie version, cut the **paneer** into 1cm cubes. Heat the **oil** (2p: 1 tbsp/3p: 1½ tbsp /4p: 2 tbsp) in a large frying pan. Fry the **paneer**, 5-8 mins, then continue as instructed.



## Serve

- Share the **lentil** and **chicken curry** between your bowls.
- Serve with any remaining **lime** cut into wedges for squeezing over.

## Enjoy!