









# Warming West African Inspired Coconut Chicken Curry with Sweet Potato and Baby Spinach

10

Winter Warmers 30-35 Minutes • 1 of your 5 a day



-  Sweet Potato
-  Basmati Rice
-  Diced British Chicken Breast
-  West African Style Paste
-  Coconut Milk
-  Chicken Stock Paste
-  Baby Spinach
-  Mango Chutney



Warm up this winter with our wondrous selection of cosy recipes. This Warming West African Spiced Coconut Chicken Curry is a bowl full of flavour. Fragrant and aromatic, West African paste drives the flavour here, made with turmeric, cumin, fenugreek and black pepper for a curry-forward blend of spices.

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, saucepan, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Basmati Rice	150g	225g	300g
Diced British Chicken Breast**	260g	390g	520g
West African Style Paste <b>(1)</b>	50g	75g	100g
Coconut Milk	200ml	250ml	400ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Mango Chutney	40g	60g	80g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	675g	100g
Energy (kJ/kcal)	3723 /890	552 /132
Fat (g)	31.9	4.7
Sat. Fat (g)	20.9	3.1
Carbohydrate (g)	108.3	16.0
Sugars (g)	23.4	3.5
Protein (g)	44.5	6.6
Salt (g)	2.79	0.41

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

## Allergens

### 11) Soya

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.

## Contact

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## Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potato** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** 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, 25-35 mins. Turn halfway through.



## Bring on the Flavour

Once the **chicken** is browned, stir in the **West African style paste** and fry until fragrant, 1 min.

Add in the **coconut milk**, **chicken stock paste** and **water for the sauce** (see pantry for amount).

Stir and bring to a boil, then reduce the heat and simmer until thickened, 3-4 mins.

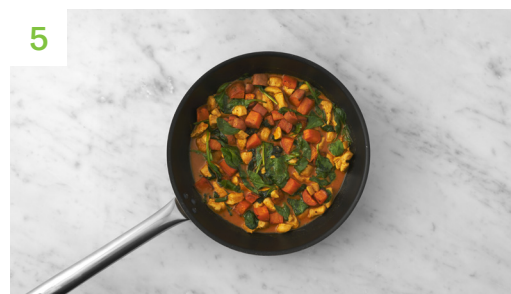


## Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and  $\frac{1}{4}$  **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## All Together Now

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

Stir in the **mango chutney** and season with **salt** and **pepper**.

Stir in the **roasted sweet potato chunks**. Add a splash of **water** if you feel it needs it.

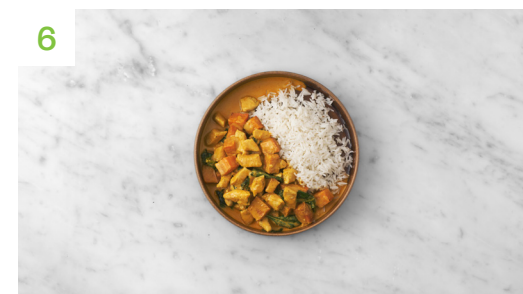


## Get Frying

While the **rice** cooks, heat a drizzle of **oil** in a large saucepan 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 and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Serve Up

Share the **rice** between your serving bowls.

Spoon over the **chicken and sweet potato curry**.

## Enjoy!