



Creamy Spiced Lentil and Chicken Curry with Sweet Potato and Spinach

24

Calorie Smart 20 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Sweet Potato



Garlic Clove



Lime



Brown Lentils



Diced Chicken Breast



Pasanda Style Seasoning



Coconut Milk



Vegetable Stock Paste



Baby Spinach

Pantry Items
Oil, Salt, Pepper

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, garlic press, sieve and saucepan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Garlic Clove**	1	2	2
Lime**	½	1	1
Brown Lentils	1 carton	2 cartons	2 cartons
Diced Chicken Breast**	280g	420g	560g
Pasanda Style Seasoning	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10	10g	15g	20g
Baby Spinach**	40g	60g	80g
Pantry	2P	3P	4P
Water for Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	534g	100g
Energy (kJ/kcal)	2469 /590	462 /110
Fat (g)	21.3	4.0
Sat. Fat (g)	17.1	3.2
Carbohydrate (g)	50.6	9.5
Sugars (g)	9.2	1.7
Protein (g)	45.4	8.5
Salt (g)	1.64	0.31

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

Allergens

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, 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

a) Preheat your oven to 240°C/220°C fan/gas mark 9.

b) Chop the **sweet potato** into 1cm chunks (no need to peel). Pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

c) When the oven is hot, roast on the top shelf until golden and tender, 16-18 mins.



Simmer your Curry

a) Add the **coconut milk**, **veg stock paste** and **water for the curry** (see ingredients for amount) to the **chicken**. Mix well, then add the **lentils**.

b) Bring to the boil, stir, then lower the heat so the **sauce** simmers gently.

c) Cook until the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Get Prepped

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Halve the **lime**.

c) Drain and rinse the **lentils** in a sieve.



Add the Veg

a) Add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 1-2 mins.

b) Once the **sweet potato** is cooked, add to the **curry** with a squeeze of **lime juice**.

c) Taste and season if needed, adding a splash of **water** if it's a little dry.



Fry and Spice the Chicken

a) Heat a drizzle of **oil** in a large saucepan on medium-high heat.

b) Once hot, add the **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.

c) Add the **garlic** and **pasanda style seasoning**. Cook, stirring, for 1 min.



Serve

a) Share the **lentil and chicken curry** between your bowls.

b) Serve with any remaining **lime** cut into wedges for squeezing over.

Enjoy!

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