



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

24

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



Tomato Puree



Coconut Milk



Chicken Stock Paste



Baby Spinach



Soy Sauce



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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.

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
Tomato Puree	30g	60g	60g
Coconut Milk	200ml	400ml	400ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Soy Sauce 11) 13)	15ml	15ml	30ml
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	200ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	437g	100g	437g	100g
Energy (kJ/kcal)	2358 / 564	540 / 129	2097 / 501	480 / 115
Fat (g)	30.7	7.0	20.5	4.7
Sat. Fat (g)	20.0	4.6	17.0	3.9
Carbohydrate (g)	37.8	8.6	37.5	8.6
Sugars (g)	13.4	3.1	13.4	3.1
Protein (g)	36.4	8.3	39.3	9.0
Salt (g)	3.39	0.78	3.33	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

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.

HelloFresh UK
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The Fresh Farm
60 Worship St, London EC2A 2EZ

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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 them 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 your Stew

Once the **chicken** has browned, stir in the **garlic**, **ginger puree**, **finely chopped chilli** (careful, it's hot - add less if you'd prefer things milder) and **tomato puree**. Cook for 1 min.

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



Get Frying

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

Once hot, add the **diced chicken**. Season with **salt** and **pepper** and stir-fry until browned, 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

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. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

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

Once cooked, stir in the **roasted sweet potato** and add a splash of **water** if it's a little too thick.



Finish the Prep

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

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

Zest and halve the **lime**.



Serve

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

Scatter over the **sliced chilli** (add less if you'd prefer things milder) and **lime zest** to finish.

Enjoy!

