

Sweet Potato and Chicken Curry

with Coconut Milk and Cauliflower

hellóchef

Enjoy this easy-to-make curry, packed with a load of wholesome ingredients!

Cals 696 • Prot 48 • Carbs 68 • Fat 26

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Vegetable oil	2	3	4	Tbsp
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Ginger	30	45	60	Grams
Sweet potatoes	400	400	600	Grams
Cauliflower	200	300	400	Grams
Spinach	100	200	200	Grams
Salt	0.5	1	1	Tsp
Curry powder	2	4	4	Grams
Chilli powder	2	2	2	Grams
Coriander cumin powder	4	8	8	Grams
Tomato passata	200	400	500	Grams
Water	150	200	300	ML
Coconut milk	200	400	400	ML
Chicken stock cube	4*, 5*, 9*, 15*	1	1	2
				Piece
To serve				
Large red chilli	1	1	2	Piece
Peeled pistachios	2*	20	30	40
				Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	2914 / 696
Fat (g)	26.4
of which saturates (g)	12.4
Carbohydrate (g)	68
of which sugars (g)	19.4
Fiber (g)	16.1
Protein (g)	48.3
Salt (g)	46.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Fry chicken

Chop the **chicken** into bite-size pieces. Heat a drizzle of **oil** in a large pan and fry the **chicken** for 3-4 min. Transfer the **chicken** to a plate. Reserve the pan.



2 Prep

Peel and chop the **onion** and **garlic**. Grate the **ginger**. Peel and chop the **sweet potatoes** into small bite-size pieces. Separate the **cauliflower** into small florets. Trim and chop the **spinach**.



3 Fry onions

Return the pan to a medium heat with a drizzle of **oil**. Add the **onion** and **garlic**. Fry with a pinch of **salt** for 5 min or until softened. Add the **ginger, curry powder, chilli powder (spicy!), coriander cumin powder**, and fry for 1 min further.



4 Simmer

Add the **sweet potatoes, cauliflower, tomato passata, measured water, coconut milk** and **chicken stock cube**. Cover with a lid and simmer for 10 min until the **sweet potatoes** start to soften.



5 Finish

Return the **chicken** to the pan. Add the **spinach** and simmer (don't boil) for a final 5 min or until the **chicken** is cooked through. Check the seasoning.

Tip! Add a pinch of sugar to your curry to enhance the tomatoes' natural sweetness.



6 Serve

Slice the **red chillis**. Divide the **curry** among bowls and top with the **pistachios** and **red chilli** slices (**spicy!**).