

One Pot Satay Curry

with Chicken and Sweet Potato

hellóchef

Did you know that coconut milk is derived from coconut flesh and not from the coconut water found on the inside?

Cals 896 • Prot 64 • Carbs 78 • Fat 38

hellochef.com • 04-383-93-99 • hello@hellochef.com



Before you start

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

Ingredients

Chicken breast	400	600	800	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Sweet potatoes	400	400	600	Grams
White onion	1	1	2	Piece
Ginger	30	45	60	Grams
Garlic paste	10	15	20	Grams
Red curry paste 7*	20	30	40	Grams
Water	120	100	240	ML
Soy sauce 9*, 10*, 11*	20	30	40	ML
Peanut butter 1*, 9*	30	45	60	Grams
Coconut milk	200	400	400	ML
Lime leaves	3	3	6	Piece
Lime	2	3	4	Piece
Spring onion	40	60	80	Grams
Large red chilli	1	1	2	Piece
Unsalted peanuts 1*	40	60	80	Grams
Honey	15	15	30	Grams

Allergens

*7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts

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)	3750 / 896
Fat (g)	37.9
of which saturates (g)	13.6
Carbohydrate (g)	78
of which sugars (g)	24.3
Fiber (g)	16.5
Protein (g)	64.4
Salt (g)	7.9

*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 breast** into bite-size pieces. Heat a non-stick pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **chicken** with a pinch of **salt** and cook for 5 min or until browned all over. Transfer the **chicken** to a plate. Reserve the pan.



2 Prep

Peel the **sweet potatoes** and chop them into bite-size pieces. Peel and finely chop the **onion**. Peel and finely grate the **ginger** (tip: use a spoon to peel the **ginger**).



3 Simmer

Add the **onion** to the reserved pan and fry over a medium-low heat for 5-7 min until softened. Once softened, add the **garlic paste, red curry paste (spicy!)** and **ginger** and fry for 1 min further. Add the **sweet potatoes, measured water, soy sauce, peanut butter, coconut milk** and **lime leaves** and simmer (don't boil) for 15-18 min, covered, or until the **potatoes** are tender.



4 Prep garnishes

Meanwhile, slice the **lime** into wedges. Finely slice the **spring onion** and **red chilli**. Roughly chop the **peanuts**.



5 Add chicken

Once the **sweet potatoes** are tender, return the **chicken breast** to the pan and cook for a final 3 min.



6 Serve

Remove the **curry** from the heat and add the juice of the **lime** and the **honey**. Serve in bowls and garnish with the chopped **peanuts, red chilli (spicy!)** and **spring onion**.