

Spicy Sri Lankan Chicken and Sweet Potato One-Pot

hellóchef

An authentic blend of Sri Lankan spices make this one-pot amazingly tasty.

Cals 766 • Prot 62 • Carbs 67 • Fat 30

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🕒 cook: 30 min

R2844

Before you start

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

Ingredients

For one-pot	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Sweet potatoes	400	600	800	Grams
Tomatoes	1	2	3	Piece
Red onion	1	1	2	Piece
Large green chilli	1	1	2	Piece
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Mustard seeds 13*	2	5	5	Grams
Curry leaves	6	12	12	Piece
Madras curry powder	2	4	4	Grams
Turmeric powder	2	2	4	Grams
Ginger garlic paste	10	15	20	Grams
Tomato paste	50	70	70	Grams
Sambal oelek	20	30	30	Grams
Water	250	250	500	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Coconut milk	200	400	400	ML
To serve				
Cashew nuts 1*, 2*	40	60	80	Grams
Lime	1	2	3	Piece
Fresh coriander	15	15	15	Grams

Allergens

***13 Mustard, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *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)	3205 / 766
Fat (g)	29.9
of which saturates (g)	12.9
Carbohydrate (g)	67
of which sugars (g)	17.1
Fiber (g)	13.9
Protein (g)	61.9
Salt (g)	3.5

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



1 Prep ingredients

Roughly chop the **chicken breasts**. Peel and chop the **sweet potatoes**. Chop the **tomatoes**. Peel and chop the **onion**. Slice the **green chilli** (discard the seeds if you prefer it milder). Reserve a few **chilli** slices for garnish.



2 Fry chicken

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 3 min until lightly browned. The **chicken** doesn't have to be cooked through at this point. Remove the **chicken** from the pan and set aside. Reserve the pan.



3 Fry vegetables

Return the pan to medium-high heat with a second drizzle of **oil**. Once hot, add the **sweet potatoes** and **onion**, and fry with a pinch of **salt** for 5 min. Add the **tomatoes**, **green chilli (spicy!)**, **mustard seeds** and **curry leaves**, and fry for 2-3 min further.



4 Add and stew

Add the **madras curry powder (spicy!)**, **turmeric powder**, **ginger garlic paste**, **tomato paste** and **sambal oelek (spicy!)** and stir for 1-2 min. Add the measured **water**, **chicken stock cube** and **coconut milk**. Simmer (don't boil) for 15-18 min with the lid on or until the **sweet potatoes** are tender.



5 Prep toppings

Toast the **cashew nuts** in a dry, hot pan for 2 min or until lightly browned. Set aside. Slice the **lime** into wedges. Chop the **coriander**.



6 Add chicken

Once the **sweet potatoes** are tender, return the **chicken breast** to the pan and cook for a final 3 min. Check the seasoning and season with a squeeze of **lime** juice. Divide among bowls and sprinkle with the toasted **cashew nuts**. Garnish with the **fresh coriander** and the remaining **green chilli** slices and **lime** wedges.