



Curried Chicken Stew

with Garlic Naan

Quick

25 Minutes



Chicken Tenders



Indian Spice Mix



Green Peas



Garlic, cloves



Yellow Onion



Naan Bread



Mild Curry Paste



Russet Potato



Chicken Broth Concentrate



All-Purpose Flour

HELLO INDIAN SPICE MIX

A warming blend of sweet, aromatic and zesty spices!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, silicone brush, parchment paper, small bowl, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Indian Spice Mix	1 tbsp	2 tbsp
Green Peas	113 g	227 g
Garlic, cloves	2	4
Yellow Onion	56 g	113 g
Naan Bread	2	4
Mild Curry Paste	4 tbsp	8 tbsp
Russet Potato	230 g	460 g
Chicken Broth Concentrate	2	4
All-Purpose Flour	1 tbsp	2 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep and roast potatoes

- Peel, then cut **potatoes** into ¼-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven until golden-brown, 25-28 min.
- Meanwhile, peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces.



Cook stew

- Add **broth concentrates, chicken** and **1 ¾ cups water** (dbl for 4 ppl) to the pot, then stir to combine.
- Cook, stirring often until **stew** thickens slightly and **chicken** is cooked through, 5-8 min.**



Sear chicken

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **chicken** is golden-brown, 3-4 min.
- Transfer **chicken** to a plate. (**NOTE:** Chicken will finish cooking in step 4.)



Bake garlic naan

- Meanwhile, add **1 tbsp butter** (dbl for 4 ppl) and **remaining garlic** to a small microwave-safe bowl.
- Heat in the microwave until **butter** melts, 30 sec.
- Arrange **naan** on an unlined baking sheet. Brush with **garlic butter**, then season with **salt**.
- Bake in the **top** of the oven until toasted, 4-5 min. (**TIP:** Keep your eye on the naan so they don't burn!)



Cook veggies and spices

- Reduce heat to medium, then add **2 tbsp butter** (dbl for 4 ppl), **onions, peas** and **half the garlic** to the same pot.
- Cook, stirring often, until **onions** soften slightly, 2-3 min.
- Sprinkle **flour** over top. Cook, stirring often, until **veggies** are coated, 1-2 min.
- Add **Indian Spice Mix** and **curry paste**. Cook, stirring often, until fragrant, 1 min.



Finish and serve

- Add **roasted potatoes** to **stew**, then stir to combine. Season with **salt** and **pepper**, to taste.
- Divide **curried chicken stew** between bowls.
- Serve **garlic naan** on the side for dipping.

Dinner Solved!