



Curried Chicken Traybake

with roast potatoes, carrots and broccoli

Family 40-45 mins

5



Chicken Breast



Potatoes



Carrot



Korma Curry Paste



Yoghurt



North Indian
Style Spice Mix



Broccoli



Hazelnuts

Pantry Items: Oil, Salt, Pepper, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, pan with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Potatoes	3 units	6 units
Carrot	2 units	4 units
Korma Curry Paste	1 sachet	2 sachets
Yoghurt	75 g	150 g
North Indian Style Spice Mix	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Hazelnuts	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	814.5 g	100 g
Energy (kJ/kcal)	2989 kJ/ 714 kcal	367 kJ/ 88 kcal
Fat (g)	20.4 g	2.5 g
Sat. Fat (g)	4.5 g	0.5 g
Carbohydrate (g)	90.4 g	11.1 g
Sugars (g)	18.9 g	2.3 g
Protein (g)	50.1 g	6.1 g
Salt (g)	3.5 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Pop the **potatoes** onto a large (lined) baking tray.
- Toss with the **North Indian spice, salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



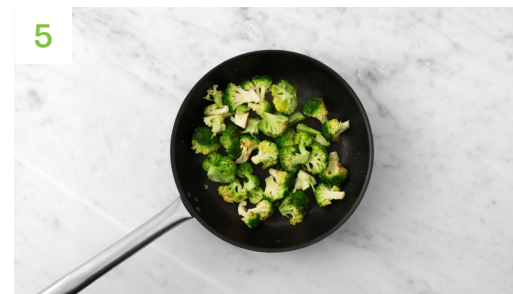
Cook the Carrots

- Pop the tray onto the middle shelf of your oven.
- Bake until the **chicken** is cooked through and the **carrots** are tender, 20-25 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Turn halfway through cooking.



Prep the Veg

- Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Lay the **carrots** out on one side of a separate lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Set aside.



Cook the Broccoli

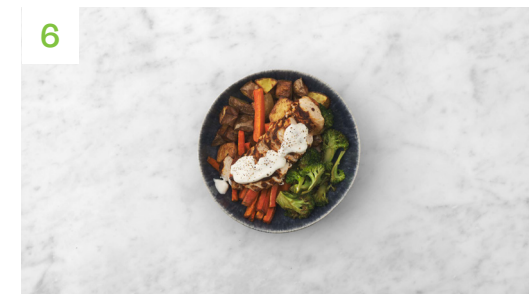
- Roughly chop the **hazelnuts**.
- Place a pan over medium heat (no oil). Once hot, dry-fry the **hazelnuts** until toasted, 2-3 mins. Remove from the pan and set aside.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Return the pan to a high heat with a drizzle of **oil**. Once hot, fry the **broccoli** for 2-3 mins.
- Add a splash of **water** and cover with a lid or some foil. Cook until the **broccoli** is tender, 4-5 mins.



Season the Chicken

- Lay the **chicken** alongside the **carrots** (use two baking trays if necessary). **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Spread the **korma paste** over the **chicken**.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh!



Finish and Serve

- When everything is ready, share the curried **chicken** between plates.
- Serve the **potatoes, carrots** and **broccoli** alongside.
- Spoon over the juices from the tray if you like.
- Finish with a drizzle of **yoghurt** over the **chicken** and a scattering of **hazelnuts** over the **broccoli**.

Enjoy!