



**HELLO
FRESH**

Goan Chicken Cafreal Inspired Curry

with Crispy Potato Slices, Peas, Spinach and Coriander

High Protein

Preparation time : 35 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/goan-chicken-cafreal-inspired-curry-384>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Bowl, Pan, Blender

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Red Chilli (unit(s))	1	1	1
Lime (unit(s))	1	1	1
Garlic Clove (unit(s))	3	4	6
Coriander (bunch(es))	1	1	1
Ginger Puree (grams)	15	22½	30
Curry Powder Mix (sachet(s))	1	1	2
Ground Turmeric (sachet(s))	1	1½	2
British Chicken Thighs (unit(s))	4	6	8
Potatoes (grams)	450	700	900
Baby Spinach (grams)	40	100	100
Peas (grams)	120	180	240
Salt (tsp)	¼	½	¾
Olive Oil for the Marinade (tbsp)	2	3	4
Honey (tbsp)	1	1½	2
Water for the Sauce (milliliter(s))	125	150	250

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3419 kJ
Energy (kcal)	817 kcal
Fat	35.7 g
of which saturates	9 g
Carbohydrate	62.7 g
of which sugars	13.1 g
Dietary Fibre	10.8 g
Protein	53.6 g
Salt	2.16 g

Allergens

No allergens listed

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Trim and halve the **chilli** widthways. Halve the **lime**. Peel the **garlic**.

In a blender, add the **coriander** (stalks and all), **peeled garlic**, **ginger puree**, **curry powder**, **turmeric**, **salt** and **olive oil for the marinade** (see pantry for both amounts).

Add in **half** the **chilli** and **half** the **lime juice**. Season generously with **pepper** and blend to a rough paste, 2-3 mins - this is the **cafreal inspired marinade**.

If you don't have a blender, finely chop the **chilli**, **coriander** (stalks and all) and grate the **garlic**. Combine with the rest of the **ingredients** in a medium bowl.

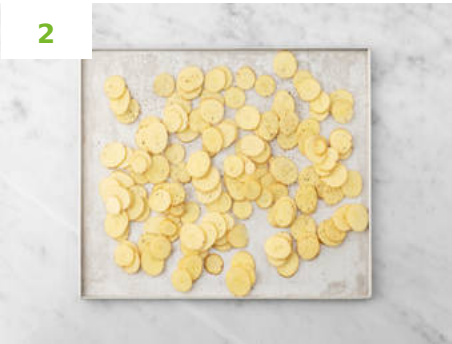


Simmer Simmer

Once the **chicken** has browned on both sides, lower the heat and stir in the **honey** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer until the **sauce** has thickened and the **chicken** is cooked through, 6-8 mins.

Carefully turn over the **chicken thighs** halfway through cooking. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Into the Oven

In a medium bowl, add the **blended mixture** and **chicken thighs**. Mix until coated. Set aside to marinate. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Meanwhile, slice the **potatoes** into 1cm thick rounds (no need to peel).

Pop the **potato rounds** onto a large baking tray. Drizzle with **oil** and season. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

Roast the **potatoes** on the top shelf until golden, 25-35 mins. Turn halfway through.

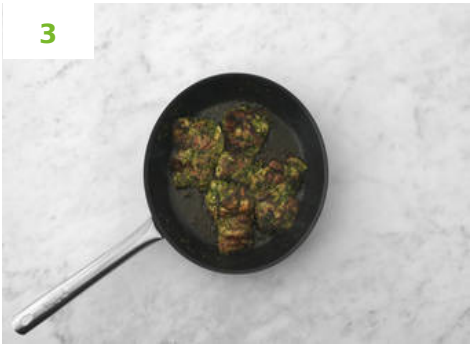
Meanwhile, thinly slice the remaining **chilli**. Cut the remaining **lime** into wedges.



Combine and Stir

Once the **chicken** is cooked and the **sauce** has thickened, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins. Stir in the **peas** and simmer, 1 min more.

Add a splash of **water** if the **sauce** is looking a little thick. Taste and season with **salt** and **pepper** if needed.

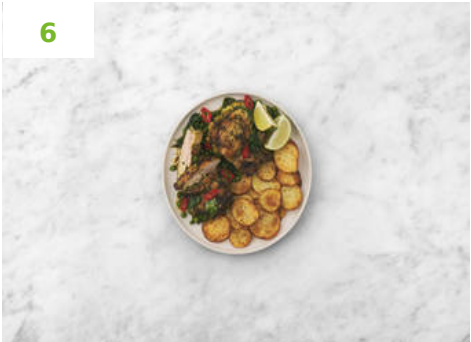


Fry the Chicken

When the **potatoes** are halfway through cooking, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan and spoon over any remaining **marinade** from the bowl.

Fry until the **chicken** is browned, 4-5 mins each side. Only move the **chicken** when turning onto its other side. **TIP:** If the marinade sticks to the pan while cooking the chicken, don't worry, those browned bits add flavour - you'll deglaze the pan later.



Serve Up

When everything's ready, share the **chicken cafreal inspired curry** and **crispy potato slices** between your plates.

Sprinkle the remaining **chilli** over the **chicken** (add less if you'd prefer things milder).

Serve with any remaining **lime wedges** for squeezing over to finish.

Enjoy your meal!