



# Creamy Mustard Chicken and Mushrooms with Spring Onion Mash

Calorie Smart 20 Minutes • 1 of your 5 a day • Under 650 Calories

24



Potatoes



Sliced Mushrooms



Garlic Clove



Creme Fraiche



Diced Chicken Thigh



Spring Onion



Chicken Stock Paste



Wholegrain Mustard



Diced Chicken Breast

#### Pantry Items

Oil, Salt, Pepper

#### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, frying pan, garlic press, colander, potato masher and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Diced Chicken Thigh**	240g	390g	520g
Sliced Mushrooms**	180g	240g	360g
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Wholegrain Mustard 9)	17g	25g	34g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	536g	100g	536g	100g
Energy (kJ/kcal)	2337 / 559	436 / 104	2076 / 496	387 / 93
Fat (g)	26.4	4.9	16.2	3.0
Sat. Fat (g)	11.4	2.1	8.4	1.6
Carbohydrate (g)	49.4	9.2	49.2	9.2
Sugars (g)	4.9	0.9	4.9	0.9
Protein (g)	36.9	6.9	39.8	7.4
Salt (g)	1.58	0.29	1.52	0.28

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Cook the Potatoes

- Boil a full kettle.
- Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- Pour the **boiling water** into a large saucepan with **½ tsp salt**.
- Add the **potatoes** to the pan and cook until you can easily slip a knife through, 15-18 mins.



## Sauce Things Up

- Once the **chicken** and **mushrooms** are cooked, add the **garlic** to the pan. Stir-fry for 1 min.
- Pour in the **chicken stock paste** and **water for the sauce** (see pantry for amount), then bring to the boil and reduce by half, 2-3 mins.
- Stir through the **creme fraiche** and **mustard** until everything's piping hot, 2-3 mins.



## Fry the Chicken and Veg

- While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **diced chicken** and **sliced mushrooms** to the pan. Season with **salt** and **pepper**.
- Fry until the **chicken** is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

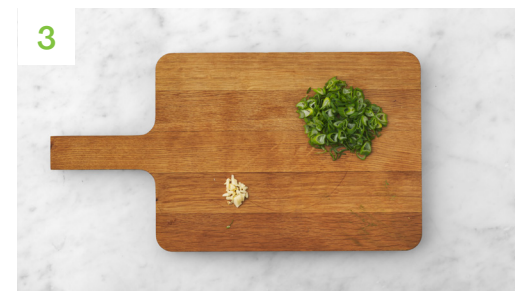
## CUSTOM RECIPE

If you've chosen **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



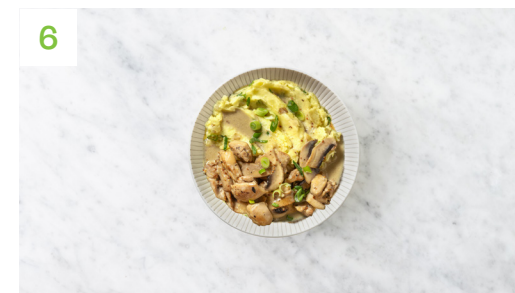
## Make the Mash

- Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- Add a knob of **butter** and a splash of **milk** (if you have any) along with the **spring onion**. Mash until smooth.
- Season with **salt** and **pepper**. Cover with a lid to keep warm.



## Finish the Prep

- Meanwhile, trim and thinly slice the **spring onion**.
- Peel and grate the **garlic** (or use a garlic press).



## Serve

- When everything's ready, spoon the **spring onion mash** onto your plates.
- Serve the **creamy mustard chicken** alongside.

## Enjoy!