



Red Wine Chicken, Mushroom and Leek Stew with Buttery Mash

12

Quick 20-25 Minutes • 2 of your 5 a day



Potatoes



Leek



Diced British
Chicken Breast



Sliced Mushrooms



Prunes



Garlic Clove



Red Wine
Jus Paste



Mixed Herbs



Red Wine
Stock Paste



Diced British
Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter

+ Double Chicken Breast

If you chose to double chicken breast,
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
Leek**	1	1½	2
Diced British Chicken Breast**	240g	390g	520g
Sliced Mushrooms**	120g	180g	240g
Prunes	40g	60g	80g
Garlic Clove**	2	3	4
Red Wine Jus Paste 10 14	22g	30g	44g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Red Wine Stock Paste 14	28g	42g	56g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	250ml	375ml	500ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	684g	100g	804g	100g
Energy (kJ/kcal)	2165 /517	316 /76	2762 /660	343 /82
Fat (g)	11.2	1.6	13.3	1.7
Sat. Fat (g)	6.1	0.9	6.7	0.8
Carbohydrate (g)	67.6	9.9	67.8	8.4
Sugars (g)	8.0	1.2	8.2	1.0
Protein (g)	38.4	5.6	67.4	8.4
Salt (g)	3.16	0.46	3.28	0.41

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


Allergens

10) Celery 14) Sulphites

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, mollusc, 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

 You can recycle me!

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Boil the Potatoes

- Boil a full kettle.
- While it boils, 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 **water** and cook until you can easily slip a knife through, 15-20 mins.



Simmer Time

- Stir the **prunes, mixed herbs** and **red wine stock paste** into the **sauce**.
- Simmer, stirring regularly, until the **sauce** has thickened and the **chicken** is cooked through, 7-8 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Fry the Chicken and Veg

- Meanwhile, trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken, sliced mushrooms** and **leek** to the pan. Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*
- Cook until browned all over, 5-6 mins. Stir occasionally.

+ Double Chicken Breast

If you're doubling up on **chicken**, cook the recipe in the same way.



Make your 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) and mash until smooth.
- Season with **salt** and **pepper**. Cover with a lid to keep warm.
- When the **sauce** has thickened, stir in the **butter** (see pantry for amount) until melted.
- Add a splash of **water** if it's a little too thick.



Start the Red Wine Sauce

- Meanwhile, finely chop the **prunes** into 1cm pieces. Peel and grate the **garlic** (or use a garlic press).
- Add the **garlic** to the **chicken** and **veg** for the final min of cooking and stir-fry until fragrant.
- Pour in the **water for the sauce** (see pantry for amount) and bring to a boil. Stir in the **red wine jus paste**, then reduce the heat to medium-high. **TIP:** *If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.*



Serve Up

- Share the **mash** between your serving bowls.
- Spoon over the **red wine chicken, mushroom and leek stew**.

Enjoy!