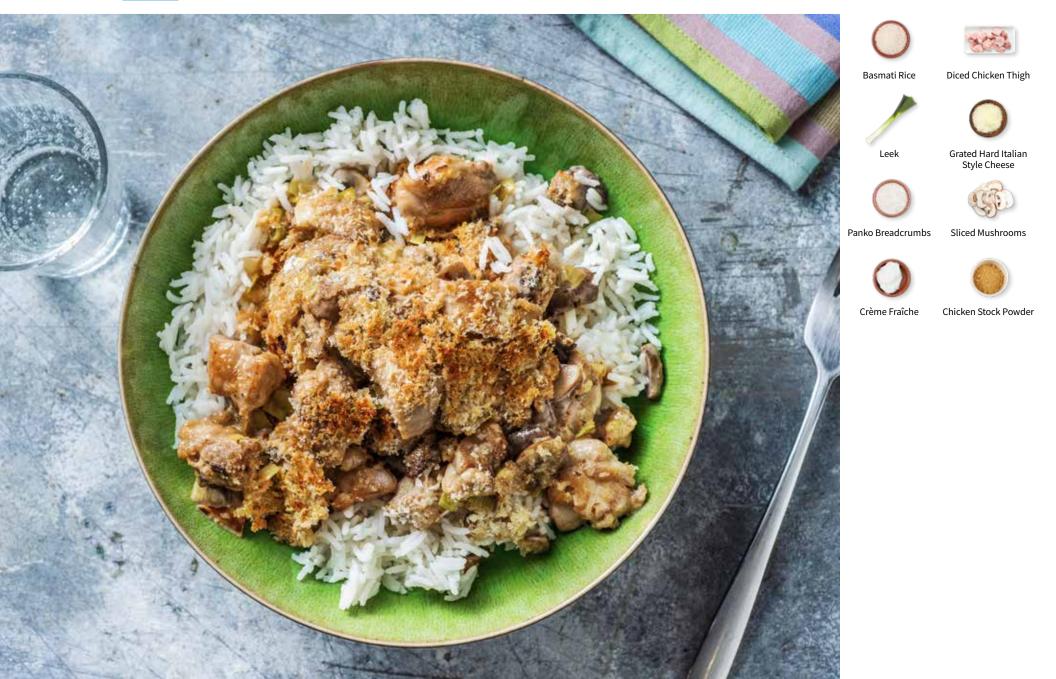


Chicken and Mushroom Crumble



with Basmati Rice

RAPID 20 Minutes • 1.5 of your 5 a day



Before you start

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

Basic cooking tools you will need:

Large Saucepan, Sieve, Large Frying Pan, Mixing Bowl and Ovenproof Dish. Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Leek**	1	1½	2
Grated Hard Italian Cheese 7) 8) **	1 bag	1½ bags	2 bags
Panko Breadcrumbs 13)	25g	35g	50g
Oil for the Breadcrumbs*	1½ tbsp	2 tbsp	3 tbsp
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Crème Fraîche 7) **	150g	225g	300
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	490g	100g
Energy (kJ/kcal)	3724 /890	760/182
Fat (g)	48	10
Sat. Fat (g)	19	4
Carbohydrate (g)	77	16
Sugars (g)	5	1
Protein (g)	47	10
Salt (g)	1.42	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe You made this, now show it off! Share your creations with us: **#HelloFreshSnaps**



HelloFresh UK Packed in the UK The Fresh Farm

60 Worship St, London EC2A 2EZ



1. Cook the Rice

a) Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and cook for 10-12 mins. Drain in a sieve.



2. Cook the Chicken

a) Meanwhile, heat a drizzle of **oil** in a large (preferably ovenproof) frying pan on medium high heat.

b) Once hot, add the **chicken** and season with **salt** and **pepper**.

c) Cook until golden on the outside, 3-5 mins. Stir occasionally.



3. Prep

a) While the chicken cooks, trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice.

b) Pop the **cheese** and **breadcrumbs** in a bowl and add the **oil** (see ingredient list for amount), stir well.



4. Cook the Veg

a) Preheat your grill to high.

b) Once the **chicken** is browned, add the **leek** and **sliced mushrooms** to the pan. *TIP:* Add a splash more oil if needed.

c) Cook until the **mushrooms** have browned and the **leek** softened, 4-5 mins. Stir occasionally.



5. Grill

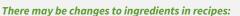
a) Once the veggies are soft and chicken is cooked, stir in the crème fraîche and chicken stock powder. IMPORTANT: The chicken is cooked when no longer pink in the middle.

b) Bring to a boil and simmer for a minute.

c) Taste and add **salt** and **pepper** if you feel it needs it.

d) If your pan isn't ovenproof, pop in an oven dish now.

e) Sprinkle over the **cheesy breadcrumbs** and then grill until golden, 2-3 mins.



Allergens: Always check the packaging of individual products/ingredients for up to date information. *Missing Ingredients:* You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



6. Finish and Serve
a) Fluff up the rice with a fork.
b) Serve in bowls with the chicken crumble on top.
Enjoy!