



# Chicken and Mushroom Crumble

with Basmati Rice

**RAPID** 20 Minutes • 1.5 of your 5 a day

N° 14



Basmati Rice



Diced Chicken Thigh



Leek



Grated Hard Italian Style Cheese



Panko Breadcrumbs



Sliced Mushrooms



Crème Fraîche



Chicken Stock Powder



## 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  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



## 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.



## 6. Finish and Serve

**a)** Fluff up the **rice** with a fork.

**b)** Serve in bowls with the **chicken crumble** on top.  
**Enjoy!**

**There may be changes to ingredients in recipes:**

**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.