



Chicken and Mushroom Crumble

with Basmati Rice

N° 11

RAPID 20 Minutes • 1.5 of your 5 a day



Basmati Rice



Diced Chicken Breast



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:

Saucepan, Frying Pan and Ovenproof Dish.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	280g	420g	560g
Leek**	1	2	2
Grated Hard Italian Style Cheese (78)**	1 pack	1½ packs	2 packs
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	300g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	490g	100g
Energy (kJ/kcal)	3406 /814	695 /166
Fat (g)	37	8
Sat. Fat (g)	16	3
Carbohydrate (g)	77	16
Sugars (g)	5	1
Protein (g)	52	11
Salt (g)	1.42	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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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.

c) Drain in a sieve.



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.



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.



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.



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.



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.