

Chicken and Mushroom Crumble

with Basmati Rice

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day









Basmati Rice

Diced Chicken Thigh





Red Onion





Closed Cup Mushrooms Grated Italian Style Hard





Panko Breadcrumbs

Creme Fraiche





Chicken Stock Powder





CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start
Our fruit and veggies need a little wash before you use

Cooking tools, you will need: Saucepan, Sieve, Ovenproof Dish, Large Frying Pan.

Ingredients

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	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Red Onion**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Closed Cup Mushrooms**	150g	225g	300g
Grated Hard Italian Style Cheese 7) 8) **	40g	60g	80g
Panko Breadcrumbs 13)	25g	35g	50g
Olive Oil*	1½ tbsp	2 tbsp	3 tbsp
Creme Fraiche 7)**	150g	225g	300g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
□ Diced Chicken □ Breast**	280g	420g	560g
*Not Included **Stor	re in the Frid	ge	

Nutrition

	Per serving	Per 100g
for uncooked ingredient	476g	100g
Energy (kJ/kcal)	3773 /902	793 / 190
Fat (g)	48	10
Sat. Fat (g)	19	4
Carbohydrate (g)	81	17
Sugars (g)	6	1
Protein (g)	47	10
Salt (g)	1.56	0.33
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 476g	Per 100g 100g
for uncooked ingredient	476g	100g
for uncooked ingredient Energy (kJ/kcal)	476g 3457 /826	100g 727 /174
for uncooked ingredient Energy (kJ/kcal) Fat (g)	476g 3457 /826 37	100g 727 /174 8
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	476g 3457/826 37 16	100g 727 /174 8 3
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	476g 3457 /826 37 16 81	100g 727 /174 8 3 17

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

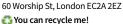
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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.

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Cook the Rice

- a) Bring a large saucepan of water to the boil with 1/4 tsp of salt for the rice.
- **b)** When boiling, add the **rice** and cook for 12 mins. Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Cook the Veg

- a) Preheat your grill to high.
- b) Once the chicken is browned, add the onion and **sliced mushrooms** to the pan. TIP: Add a splash more oil if needed.
- c) Cook until the mushrooms have browned and the onion softened, 4-5 mins.
- d) Stir occasionally.



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.



CUSTOM RECIPE

a) If you've chosen to receive diced chicken **breast** instead of **diced chicken thigh**, just cook it the same way the recipe tells you to cook the **diced thigh** in the step above and throughout the rest of the recipe.



Grill

- a) Once the veggies are soft and chicken is cooked, stir in the creme fraiche, chicken stock powder and half the chives. 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
- e) Sprinkle over the cheesy breadcrumbs and then grill until golden, 2-3 mins.



Prep

- a) While the chicken cooks, halve, peel and thinly slice the red onion.
- b) Roughly chop the chives.
- c) Thinly slice the mushrooms.
- d) Pop the cheese and breadcrumbs in a bowl and add the oil (see ingredient list for amount), stir well.



Finish and Serve

- a) Fluff up the rice with a fork.
- b) Serve in bowls with the chicken crumble on top.
- c) Sprinkle over the remaining chives.

Enjoy!