



Chicken and Mushroom Crumble

with Basmati Rice

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

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Basmati Rice



Diced Chicken Thigh



Red Onion



Chives



Closed Cup Mushrooms



Grated Italian Style Hard Cheese



Panko Breadcrumbs



Creme Fraiche



Chicken Stock Powder



Diced Chicken Breast



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 them.

Cooking tools, you will need:

Saucepan, Sieve, Ovenproof Dish, Large Frying Pan.

Ingredients

	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 **Store in the Fridge

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
for uncooked ingredient	476g	100g
Energy (kJ/kcal)	3457/826	727/174
Fat (g)	37	8
Sat. Fat (g)	16	3
Carbohydrate (g)	81	17
Sugars (g)	6	1
Protein (g)	52	11
Salt (g)	1.56	0.33

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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 12 mins. Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.

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.



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.

4



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.

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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 dish now.

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

3



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.

6



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!