

CHICKEN AND MUSHROOM STEW

with Mashed Potato and Roasted Broccoli













Chestnut Mushrooms





Broccoli Florets



Diced Chicken Thigh



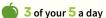
Tomato Purée





Chicken Stock Pot







This is a recipe inspired by the French classic, 'Coq au Vin', which is a favourite of our chef André! We've made it kid friendly by omitting the wine and made it super easy by using diced chicken breast. We've also added some delicious tarragon! Voila!



BEFORE YOU STAR

Our fruit and veggies need a little wash before you use them! Make sure you've got a Large Saucepan (with a Lid), Fine Grater (or Garlic Press), a Baking Tray, Frying Pan, Measuring Jug, Colander and Potato Masher. Now, let's get cooking!



DO THE PREP

Preheat your oven to 200°C and put a large saucepan of water with a pinch of salt on to boil for the potato. Chop the potato into 2cm chunks. Peel first if you prefer, but remember all the nutrients are in the skin! Peel and grate the **garlic** (or use a garlic press). Quarter the chestnut mushrooms. Pick the tarragon leaves from their stalks and roughly chop (discard the stalks).



COOK THE POTATO

Pop the broccoli florets onto a baking tray. Drizzle on some oil and season with salt and pepper. Keep to one side, we will roast them later. Pop the potato into your boiling water and cook on medium high-heat 15-20 mins. \star TIP: The potato is cooked when you can easily slip a knife through.



START THE STEW

Meanwhile, heat a splash of oil in a frying pan over medium-high heat. Add the mushrooms and stir-fry until browned, 5-6 mins. Add the garlic and cook for a 1 minute more. Transfer to a plate and add another splash of oil to the pan if it is dry. Add the **chicken pieces** to the pan and brown on all sides. Stir frequently, this should take around 5 mins.



ROAST THE BROCCOLI While the **chicken** cooks, pop the **broccoli** on the top shelf of the oven. Roast until crisp at the edges and soft enough to eat, 15-20 mins.



SIMMER THE STEW

When the chicken is browned stir in the **tomato purée**. Cook for 1 minute then sprinkle on the **flour**. Cook for another minute then return the **mushrooms** to the pan. Pour in the water (see ingredients for amount) and bring to the boil. Stir in and dissolve the stock **pot**, reduce the heat to medium and simmer the **stew** until the **chicken** is no longer pink in the middle and the **sauce** has thickened nicely, 12-15 mins.



MASH AND SERVE

When the **potato** is ready, drain and then mash until smooth. Add some milk and butter if you have some and season with salt and **pepper** to taste. Keep warm in the saucepan with the lid on. Finish the **chicken stew** by stirring in the **tarragon**, and add a splash of water if you like it saucier. Taste and add salt and **pepper** if necessary. Share the **mashed** potato between your plates, with the chicken stew and roasted broccoli alongside. Enjoy!

INGREDIENTS

| Red Potato, chopped | 2 packs |
|-------------------------------|----------------|
| Garlic Clove, grated | 2 |
| Chestnut Mushrooms, quartered | 1 large punnet |
| Tarragon, chopped | 4 sprigs |
| Broccoli Florets | 1 pack |
| Diced Chicken Thigh | 700g |
| Tomato Purée | 30g |
| Plain Flour 13) | 24g |
| Water* | 300ml |
| Chicken Stock Pot | 1 |

*Not Included

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 551G | PER 100G |
|--------------------------------------|---------------------|-------------|
| Energy (kcal) | 435 | 79 |
| (kJ) | 1839 | 334 |
| Fat (g) | 6 | 1 |
| Sat. Fat (g) | 2 | 0 |
| Carbohydrate (g) | 53 | 10 |
| Sugars (g) | 6 | 1 |
| Protein (g) | 44 | 8 |
| Salt (g) | 1.29 | 0.23 |

ALLERGENS

13) Gluten

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

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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