



# CHICKEN AND MUSHROOM STEW

with Mashed Potato and Roasted Broccoli



## HELLO BROCCOLI

Broccoli is part of the cabbage family.



Red Potato



Garlic Clove



Chestnut Mushrooms



Tarragon



Broccoli Florets



Diced Chicken Thigh



Tomato Purée



Plain Flour



Chicken Stock Pot

MEAL BAG

Hands-on: 15 mins  
Total: 35 mins

3 of your 5 a day

Family Box

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 START

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!



### 1 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).



### 2 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. **★ TIP:** *The potato is cooked when you can easily slip a knife through.*



### 3 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.



### 4 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.



### 5 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.



### 6 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!**

## 4 PEOPLE 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 <sup>13</sup>	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

<sup>13</sup>) 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](mailto:hello@hellofresh.co.uk)

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