



# Chicken and Mushroom Crumble with Basmati Rice

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

N° 1



Basmati Rice



Diced Chicken Thigh



Leek



Grated Hard Italian Style Cheese



Panko Breadcrumbs



Sliced Mushrooms



Creme Fraiche



Chicken Stock Paste



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 Frying Pan, Bowl.

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Leek**	1	2	2
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	65g	80g
Panko Breadcrumbs <b>13)</b>	25g	35g	50g
Olive Oil*	1½ tbsps	2 tbsps	3 tbsps
Sliced Mushrooms**	120g	180g	240g
Creme Fraiche <b>7)**</b>	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
 Diced Chicken Breast**	280g	420g	560g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>476g</b>	<b>100g</b>
Energy (kJ/kcal)	3719/889	781/187
Fat (g)	49	10
Sat. Fat (g)	19	4
Carbohydrate (g)	76	16
Sugars (g)	5	1
Protein (g)	47	10
Salt (g)	1.61	0.34
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>476g</b>	<b>100g</b>
Energy (kJ/kcal)	3403/813	715/171
Fat (g)	38	8
Sat. Fat (g)	16	3
Carbohydrate (g)	76	16
Sugars (g)	5	1
Protein (g)	52	11
Salt (g)	1.61	0.34

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.


You made this, now show it off! Share your creations with us: [#HelloFreshSnaps](#)

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## 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. Drain in a sieve.



## 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. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



## CUSTOM RECIPE

**a)** If you've decided to swap **chicken thigh** to **chicken breast**, cook the **breast** the same way as the **chicken thigh**.



## 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.

**d)** Stir occasionally.



## Grill

**a)** Once the **veggies** are soft and **chicken** is cooked, stir in the **creme fraiche** and **chicken stock paste**. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

**c)** Bring to a boil and simmer for a minute.

**d)** Taste and add **salt** and **pepper** if you feel it needs it.

**e)** If your pan isn't ovenproof, pop into an oven dish now.

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



## 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.



## 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.