

Chicken and Mushroom Crumble

with Basmati Rice

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











Diced Chicken Thigh

Grated Hard Italian Style Cheese











Panko Breadcrumbs

Sliced Mushrooms



Creme Fraiche



Chicken Stock Paste







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

Cooking tools, you will need: Saucepan, Sieve, Frying Pan, Bowl, Oven Dish.

Ingredients

| 9 | | | |
|---|----------|---------|---------|
| | 2P | 3P | 4P |
| Basmati Rice | 150g | 225g | 300g |
| Diced Chicken Thigh** | 280g | 420g | 560g |
| Leek** | 1 | 2 | 2 |
| Grated Hard Italian Style Cheese 7) 8) ** | 40g | 65g | 80g |
| Panko Breadcrumbs 13) | 25g | 35g | 50g |
| Olive Oil* | 1½ tbsps | 2 tbsps | 3 tbsps |
| Sliced Mushrooms | 120g | 180g | 240g |
| Creme Fraiche 7)** | 150g | 225g | 300g |
| Chicken Stock Paste | 10g | 15g | 20g |
| Diced Chicken Breast** | 280g | 420g | 560g |

*Not Included **Store in the Fridge

Nutrition

| | . | D 400 |
|--|-------------------------------------|----------------------------------|
| | Per serving | Per 100g |
| for uncooked ingredient | 486g | 100g |
| Energy (kJ/kcal) | 3730 /891 | 765 / 183 |
| 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 | 0.33 |
| | | |
| Custom Recipe | Per serving | Per 100g |
| Custom Recipe for uncooked ingredient | Per serving 488g | Per 100g 100g |
| | | |
| for uncooked ingredient | 488g | 100g |
| for uncooked ingredient Energy (kJ/kcal) | 488g 3414/816 | 100g 700 /167 |
| for uncooked ingredient Energy (kJ/kcal) Fat (g) | 488g 3414 /816 38 | 100g 700 /167 8 |
| for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) | 488g 3414/816 38 16 | 100g 700/167 8 3 |
| for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g) | 488g 3414/816 38 16 76 | 100g 700 /167 8 3 16 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

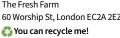
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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.

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







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 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.



Prep

3

- 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 into a bowl and add the oil (see ingredient list for amount), stir well.



CUSTOM RECIPE

a) If you've opted to get diced chicken breast instead of thigh, cook the diced chicken breast in the same way the recipe tells you to cook the diced chicken thigh. IMPORTANT: Wash your hands after handling chicken and its packaging. The chicken is cooked when no longer pink in the middle.



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.
- **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 the contents into an oven dish now.
- e) Sprinkle over the cheesy breadcrumbs and then grill until golden, 2-3 mins.



Finish and Serve

- a) Fluff up the rice with a fork.
- b) Serve in bowls with the chicken crumble on top.

Enjoy!