



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



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, Frying Pan, Bowl, Oven Dish.

Ingredients

	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

	Per serving	Per 100g
for uncooked ingredient	488g	100g
Energy (kJ/kcal)	3714 /888	762 /182
Fat (g)	49	10
Sat. Fat (g)	19	4
Carbohydrate (g)	76	16
Sugars (g)	5	1
Protein (g)	47	10
Salt (g)	1.60	0.33

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	488g	100g
Energy (kJ/kcal)	3398 /812	697 /167
Fat (g)	38	8
Sat. Fat (g)	16	3
Carbohydrate (g)	76	16
Sugars (g)	5	1
Protein (g)	53	11
Salt (g)	1.60	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, Soy, Gluten & Sulphites.

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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 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.




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**

If you've opted to get **chicken breast** instead of **chicken thigh**, cook the **breast** the same way the recipe tells you to cook the **thigh** and continue as instructed.



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.



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** into 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!