

# Chicken and Mushroom Crumble

with Basmati Rice and Cheese

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











Grated Hard Italian Style Cheese



Panko Breadcrumbs







Chicken Stock Paste

Creme Fraiche









#### **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 and Frying Pan.

### **Inaredients**

	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 tbsp	2 tbsp	3 tbsp
Sliced Mushrooms**	120g	180g	240g
Creme Fraiche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Diced Chicken Breast**	280g	420g	560g

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	488g	100g
Energy (kJ/kcal)	3699 /884	759/181
Fat (g)	48	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
Custom Recipe for uncooked ingredient	Per serving 488g	Per 100g 100g
for uncooked ingredient	488g	100g
for uncooked ingredient Energy (kJ/kcal)	<b>488g</b> 3383 /809	<b>100g</b> 694/166
for uncooked ingredient Energy (kJ/kcal) Fat (g)	<b>488g</b> 3383 /809 38	<b>100g</b> 694/166 7
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	488g 3383/809 38 16	100g 694/166 7 4
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	488g 3383 /809 38 16 76	100g 694/166 7 4 16

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 13) Gluten

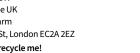
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

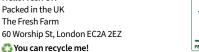
Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

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 salt for the rice.
- **b)** When boiling, add the **rice** and cook for 12 mins. Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



#### Cook the Chicken

- a) While the rice cooks, 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 raw chicken and its packaging.



#### **CUSTOM RECIPE**

If you've chosen to get **chicken breast** instead of **chicken thigh**, cook in the same way.



# 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 **olive oil** (see ingredients for amount). Stir well.



# 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 has softened, 4-5 mins. 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 1 min.
- c) Taste and add salt and pepper if needed. TIP: If your pan isn't ovenproof, pop the contents into an oven dish now.
- d) 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!