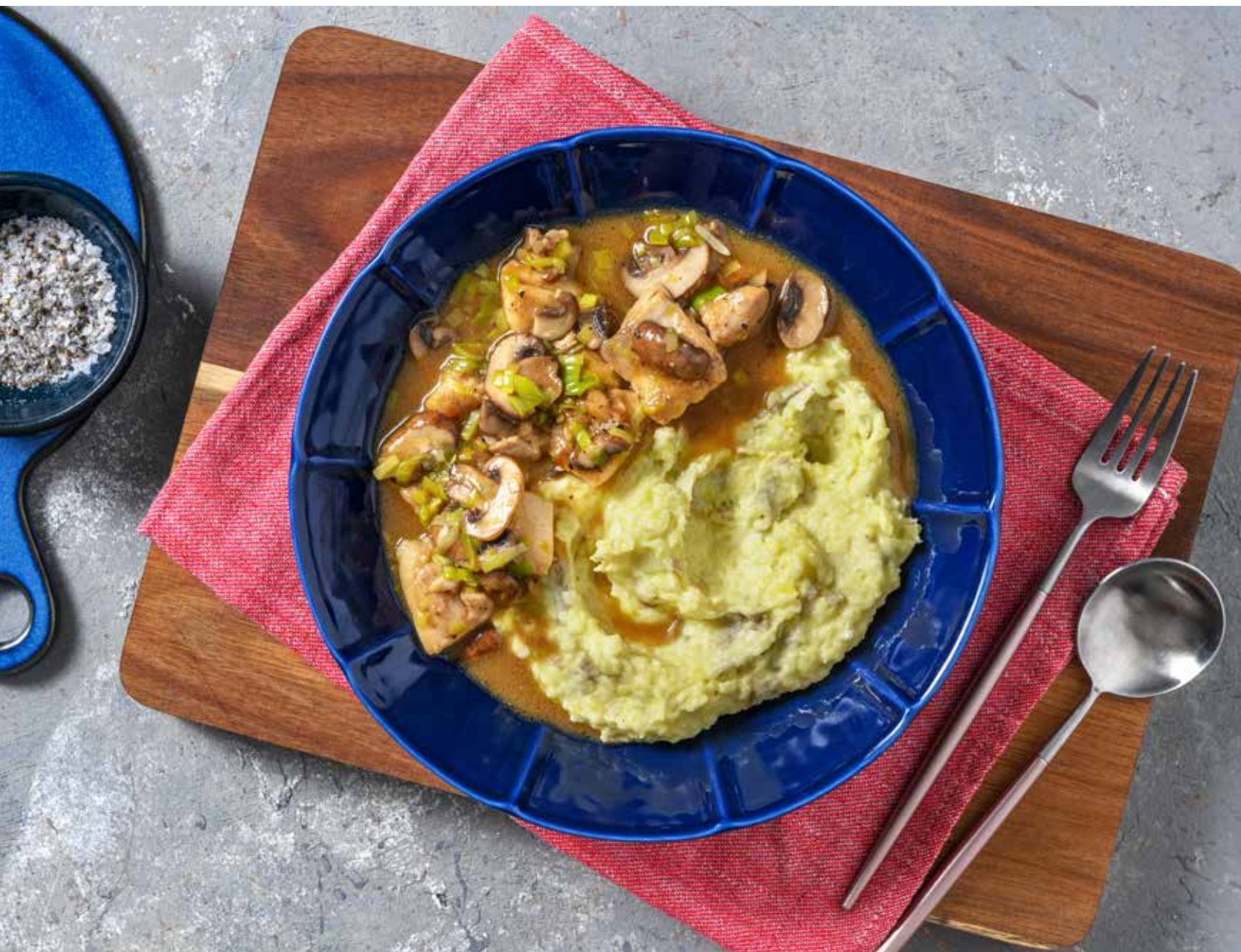




Chicken, Red Wine Jus and Mushroom Stew with Cheesy Mash

Rapid 20 Minutes • 1 of your 5 a day

N° 15



Potato



Diced Chicken Thigh



Plain Flour



Leek



Sliced Mushrooms



Red Wine Jus Paste



Grated Hard Italian Style Cheese



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:

Kettle, Saucepan, Frying Pan, Colander, Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Diced Chicken Thigh**	280g	420g	560g
Plain Flour 13)	8g	12g	16g
Leek**	1	2	2
Sliced Mushrooms**	120g	180g	240g
Red Wine Jus Paste 10) 14)	22g	30g	44g
Water*	150ml	225ml	300ml
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g
 Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	543g	100g
Energy (kJ/kcal)	2238 / 535	413 / 99
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	49	9
Sugars (g)	4	1
Protein (g)	44	8
Salt (g)	1.53	0.28
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	543g	100g
Energy (kJ/kcal)	1922 / 459	354 / 85
Fat (g)	9	2
Sat. Fat (g)	5	1
Carbohydrate (g)	49	9
Sugars (g)	4	1
Protein (g)	49	9
Salt (g)	1.53	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

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

 You can recycle me!



1



Cook the Potatoes

- a)** Fill and boil your kettle (You'll need the **water** for your sauce later on).
- b)** Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **potatoes**.
- c)** Chop the **potatoes** into 2cm chunks (no need to peel).
- d)** When boiling, add the **potatoes** and cook until tender, about 12-15 mins. **TIP:** The potatoes are cooked when you can easily slip a knife through them.

- e)** Once cooked, drain the **potatoes** in a colander.

4



Cook the Veg

- a)** Once the **chicken** is browned, add the **leek** and **sliced mushrooms** to the pan.
- b)** Season with **salt** and **pepper** and cook until the **mushrooms** have browned and the **leek** softened, 4-5 mins.
- c)** Stir occasionally.

2



Cook the Chicken

- a)** Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- b)** Once hot, add the **chicken** and **flour**. **IMPORTANT:** Wash your hands after handling chicken and its packaging. Season with **salt** and **pepper**. Stir together to coat the **chicken**.
- c)** Cook until golden on the outside, 3-5 mins. Stir occasionally.



CUSTOM RECIPE

If you've decided to swap **chicken thigh** to **chicken breast**, cook the **chicken breast** in the same way you would cook the **chicken thigh**. Continue with the rest of the recipe as instructed.

5



Simmer

- a)** Once the **veggies** are soft, add in the **red wine jus paste** and boiling **water** (see ingredient list for amount). Bring to a boil, stirring to dissolve the **paste**.
- b)** Simmer for 2-3 mins, then remove from the heat. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.
- c)** Taste and add **salt** and **pepper** if you feel it needs it.
- d)** Add a splash of **water** if it's a bit thick.

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.

3



Prep

- a)** While the **chicken** cooks, trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice.

6



Finish and Serve

- a)** Put your **potatoes** back in the pan and add a knob of **butter** and a splash of **milk** if you have it.
- b)** Add the **hard Italian style cheese** and mash until smooth.
- c)** Serve in bowls with the **chicken stew** on top.

Enjoy!