



CHICKEN CASSEROLE

with Bacon, Crème Fraîche and Shredded Greens



HELLO ROSEMARY

Greek scholars wore sprigs of rosemary in their hair when they studied as they believed it strengthened the memory!



Onion



Carrot



New Potatoes



Rosemary



Streaky Bacon Rashers



Diced Chicken Thigh



Chicken Stock Pot



Chives



Crème Fraîche



Sliced Spring Greens

MEAL BAG

Hands on: **20** mins
Total: **50** mins

3 of your
5 a day

Family Box

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 PREP TIME

Remove the top and bottom from the **carrot** (no need to peel), then halve lengthways and slice into thin half moons. Chop the **potatoes** into 3cm chunks (or just chop in half if they are small). Strip the **rosemary leaves** from their stalks and finely chop (discard the stalks). Cut the **bacon** into 1cm wide strips (scissors are handy here!). **IMPORTANT:** Wash your hands and equipment after handling raw meat.



2 START THE CASSEROLE

Heat a splash of **oil** in a large casserole dish or saucepan over medium-high heat. Add the **bacon** and **chicken** and brown on all sides, stirring occasionally. This will take about 5-6 mins. **TIP:** Brown the chicken in batches if necessary - you want it to brown, not stew! Once browned, return all the **chicken** to the pan and stir in the **carrot, onion** and **rosemary**. Stir and cook until the **onion** is soft, another 5-6 mins.



3 SIMMER THE CASSEROLE

Stir in the **stock pot** and the **water** (see ingredients for amount), scraping up any sticky bits from the bottom of the pan with a wooden spoon, and bring to the boil. Add the **potatoes** and season with **pepper**. Cover with a lid or foil and reduce the heat to medium. Bubble away until the **chicken** is cooked through and the **potatoes** are tender, 20-25 mins. **TIP:** The potatoes are cooked when you can easily slip a knife through.



4 FINISH OFF

While the **casserole** bubbles away, finish off your last few jobs. Finely chop the **chives** (or snip with scissors if it's easier). Do any washing up.



5 ADD THE GREENS

When the **chicken** and **potatoes** are cooked, remove the **casserole** from the heat. If you have fussy eaters, stir in the **crème fraîche** and serve immediately. **TWIST IT UP:** For the adults, stir in the sliced spring greens and return the casserole to the stove. Simmer on low heat until the **greens** are soft and tender, 3-4 mins.



6 SERVE

When the **greens** are cooked, taste the **casserole** and season with **salt** and **pepper** if required. Serve in deep bowls and finish with a sprinkling of **chives**. **Enjoy!**

4 PEOPLE INGREDIENTS

In order of use

Onion	1
Carrot	3
New Potatoes	1 large pack
Rosemary	4 sprigs
Streaky Bacon Rashers	4
Diced Chicken Thigh	560g
Chicken Stock Pot	1
Water*	450ml
Chives	½ bunch
Crème Fraîche 7)	1 small pot
Sliced Spring Greens	1 large bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 577G	PER 100G
Energy (kcal)	515	107
(kJ)	2153	447
Fat (g)	23	5
Sat. Fat (g)	8	2
Carbohydrate (g)	34	7
Sugars (g)	13	3
Protein (g)	47	10
Salt (g)	1.75	0.36

ALLERGENS

7) Milk

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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