



Chicken Forestiere in Mushroom Sauce

with Mashed Potatoes and Garlic Cavolo Nero

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 650 Calories

24



Potatoes



Echalion Shallot



Garlic Clove



Chicken Breast
Skin-On



Chopped Cavolo
Nero



Sliced Mushrooms



Chicken Stock
Paste



Creme Fraiche

Pantry Items

Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan, baking tray, colander, lid and potato masher.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--------------------------|------|------|------|
| Potatoes | 450g | 700g | 900g |
| Echalion Shallot** | 1 | 1 | 2 |
| Garlic Clove** | 1 | 2 | 2 |
| Chicken Breast Skin-On** | 2 | 3 | 4 |
| Chopped Cavolo Nero** | 100g | 150g | 200g |
| Sliced Mushrooms** | 120g | 180g | 240g |
| Chicken Stock Paste | 10g | 15g | 20g |
| Crema Fraiche** 7) | 75g | 100g | 150g |

| Pantry | 2P | 3P | 4P |
|----------------------|-------|-------|-------|
| Water for the Sauce* | 100ml | 150ml | 200ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 567g | 100g |
| Energy (kJ/kcal) | 2228 / 533 | 393 / 94 |
| Fat (g) | 20.1 | 3.6 |
| Sat. Fat (g) | 9.5 | 1.7 |
| Carbohydrate (g) | 43.9 | 7.8 |
| Sugars (g) | 5.4 | 1 |
| Protein (g) | 46.3 | 8.2 |
| Salt (g) | 1.19 | 0.21 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



Cavolo Nero Time

While the **potatoes** boil, pop the (now empty) **chicken** pan back on medium-high heat with a drizzle of **oil** if the pan is dry.

Add the **cavolo nero** and a splash of **water** and cover until wilted, 3-4 mins. **TIP:** Discard any tough stalks from the cavolo nero.

Remove the lid, add the **garlic** and stir-fry for 1 min more. Season to taste with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.

Scan to get your exact PersonalPoints™ value



Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, lay in the **chicken breasts**, skin-side down. Season with **salt** and **pepper**. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Transfer the **chicken** to a baking tray, skin-side up, then roast on the top shelf of your oven until cooked through, 18-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Make the Sauce

Pop your (now empty) pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **mushrooms** and fry until starting to brown, 4-5 mins. Add the **shallot** and and cook until softened, 2-3 mins.

Stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**, then bring to the boil. Simmer until reduced by half, 2-3 mins.

Stir in the **creme fraiche**, bring back to the boil, then remove from the heat. Taste and season if needed.



Boil the Potatoes

Meanwhile, when your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Once cooked, drain in a colander and return to the pan, off the heat. Cover with a lid to keep warm.



Finish and Serve

Once the **chicken** is cooked, transfer to a board and leave to rest for a couple of mins before cutting into 2cm thick slices.

Add a knob of **butter** and a splash of **milk** (if you have any) to the **cooked potatoes** and mash until smooth. Season with **salt** and **pepper**.

When ready, plate up the **chicken** with the **mash** and **cavolo nero** alongside. Spoon over the **mushroom sauce** to finish.

Enjoy!