



Chicken, Red Wine Jus and Mushroom Stew with Cheesy Mash

N° 14

RAPID 20 Minutes • 1.5 of your 5 a day



Potato



Diced Chicken Thigh



Plain Flour



Leek



Sliced Mushrooms



Red Wine Jus Paste



Grated Hard Italian
Style Cheese

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Saucepan, Colander, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Diced Chicken Thigh**	280g	420g	560g
Plain Flour 13)	8g	12g	16g
Leek**	1	2	2
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Red Wine Jus Paste 10) 14)	1 pot	1½ pots	2 pots
Water for the Sauce*	150ml	200ml	250ml
Grated Hard Italian Style Cheese 7) 8)**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	562g	100g
Energy (kJ/kcal)	2270 /543	404 /97
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	50	9
Sugars (g)	4	1
Protein (g)	44	8
Salt (g)	1.91	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. Cook the Potatoes

- Fill and boil your kettle.
- Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- 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

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



2. Cook the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium high heat.
- Once hot, add the **chicken** and **flour**. Season with **salt** and **pepper**. Stir together to coat the **chicken**.
- Cook until golden on the outside, 3-5 mins. Stir occasionally. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



5. Simmer

- 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**. Simmer for 2-3 mins, then remove from the heat.
- Taste and add **salt** and **pepper** if you feel it needs it.
- Add a splash of **water** if it's a bit thick.



3. Prep

- 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

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

Enjoy!