



Chicken, Red Wine Jus and Mushroom Stew with Cheesy Mash

Rapid 20 Minutes • 1 of your 5 a day

16



Potatoes



Diced Chicken Thigh



Closed Cup Mushrooms



Leek



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.

Happy cooking!


Before you start

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

Cooking tools, you will need:

Kettle, Saucepan, Colander, Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Diced Chicken Thigh**	280g	420g	560g
 Diced Chicken Breast**	280g	420g	560g
Plain Flour*	1 tbsp	1 ½ tbsp	2 tbsp
Closed Cup Mushrooms**	150g	225g	300g
Leek**	1	2	2
Red Wine Jus Paste 10 14	22g	30g	44g
Boiling Water*	150ml	225ml	300ml
Grated Hard Italian Style Cheese** 7 8	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	2238 / 535	393 / 94
Fat (g)	20	4
Sat. Fat (g)	8	1
Carbohydrate (g)	49	9
Sugars (g)	4	1
Protein (g)	44	8
Salt (g)	2.05	0.36

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	1922 / 459	338 / 81
Fat (g)	9	2
Sat. Fat (g)	4	1
Carbohydrate (g)	49	9
Sugars (g)	4	1
Protein (g)	49	9
Salt (g)	2.05	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 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.

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The Fresh Farm

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Cook the Potatoes

- Fill and boil your kettle (for your sauce later on).
- Bring a large saucepan of **water** to the boil with **½ tsp of salt for the potatoes**.
- Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- When boiling, add the **potatoes** and cook until you can easily slip a knife through, about 12-15 mins. Once cooked, drain the **potatoes** in a colander.



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** (see ingredients for amount). Season with **salt** and **pepper**. Stir together to coat the **chicken**.
- 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 **diced chicken breast** instead of **diced chicken thigh**, cook the recipe in the same way. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Cook the Veg

- Once the **chicken** is browned, add the **leek** and **sliced mushrooms** to the pan. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**
- Season with **salt** and **pepper** and cook until the **mushrooms** have browned and the **leek** has softened, 4-5 mins.
- Stir occasionally.



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



Prep

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



Finish and Serve

- Put your **potatoes** back into 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. Season to taste with **salt** and **pepper**.
- Serve in bowls with the **chicken stew** on top.

Enjoy!