



Chicken, Red Wine Jus and Mushroom Stew with Cheesy Mash and Chives

16

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day



Potatoes



Diced Chicken Thigh



Red Onion



Chives



Garlic Clove



Closed Cup Mushrooms



Red Wine Jus Paste



Grated Hard Italian Style Cheese



Diced Chicken Breast

Pantry Items
Plain Flour, Water

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!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, colander, lid, frying pan and garlic press.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Diced Chicken Thigh**	280g	420g	560g
Red Onion**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	3
Closed Cup Mushrooms**	150g	225g	300g
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Boiling Water*	150ml	225ml	300ml
Red Wine Jus Paste (10) 14)	22g	30g	44g
Grated Hard Italian Style Cheese** (7) 8)	40g	80g	80g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	537g	100g
Energy (kJ/kcal)	2284/546	426/102
Fat (g)	19	4
Sat. Fat (g)	7	1
Carbohydrate (g)	53	10
Sugars (g)	6	1
Protein (g)	43	8
Salt (g)	1.53	0.29
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	537g	100g
Energy (kJ/kcal)	1968/470	367/88
Fat (g)	8	4
Sat. Fat (g)	5	1
Carbohydrate (g)	53	10
Sugars (g)	6	1
Protein (g)	49	9
Salt (g)	1.53	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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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Cook the Potatoes

a) Fill and boil your kettle (for your sauce later on).

b) Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **potatoes**.

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

d) When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, about 12-15 mins. Once cooked, drain in a colander and return to the pan, off the heat. Cover with a lid to keep warm.



Add the Veg

a) Once the **chicken** is browned, add the **onion** and **sliced mushrooms** to the pan.

b) Season with **salt** and **pepper**. Cook until the **mushrooms** have browned and the **onion** has softened, 6-7 mins, stirring occasionally.

c) Add your **garlic** and cook for 1 min more.



Fry 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 season with **salt** and **pepper**.

c) Cook until golden on the outside, 3-5 mins. Stir occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **chicken thigh**, cook the recipe in the same way.



Simmer

a) Once the **veggies** are soft, add the **flour** (see ingredients for amount) and stir to coat evenly.

b) Pour in **boiling water** from the kettle (see ingredients for amount), stirring to combine. Stir in the **red wine jus paste**, then bring back to the boil.

c) Simmer for 2-3 mins, then remove from the heat and stir in **half** the **chives**. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

d) Taste and add **salt** and **pepper** if needed. Add a splash of **water** if it's a bit thick.



Get Prepped

a) While the **chicken** cooks, halve, peel and thinly slice the **red onion**.

b) Roughly chop the **chives** (use scissors if easier).

c) Peel and grate the **garlic** (or use a garlic press).

d) Thinly slice the **mushrooms**.



Finish and Serve

a) Add a knob of **butter**, a splash of **milk** (if you have any) and the **hard italian style cheese** to the your cooked **potatoes**, then mash until smooth.

b) Season to taste with **salt** and **pepper**.

c) Serve the **cheesy mash** in bowls with the **chicken stew** on top and a sprinkling of the remaining **chives**.

Enjoy!