



Creamy Mustard Chicken and Mushrooms with Mash and Chives

Rapid 20 Minutes • 1 of your 5 a day

16



Potatoes



Diced
Chicken Thigh



Sliced
Mushrooms



Chives



Garlic Clove



Chicken
Stock Paste



Creme Fraiche



Wholegrain
Mustard



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!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, garlic press, frying pan, colander and potato masher.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Diced Chicken Thigh**	280g	420g	560g
Sliced Mushrooms**	180g	240g	360g
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Wholegrain Mustard 9)	17g	25g	34g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	2321 /555	452 /108
Fat (g)	27.3	5.3
Sat. Fat (g)	11.3	2.2
Carbohydrate (g)	43.3	8.4
Sugars (g)	4.4	0.9
Protein (g)	36.3	7.1
Salt (g)	1.42	0.28

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	2005 /479	390 /93
Fat (g)	16.4	3.2
Sat. Fat (g)	8.5	1.6
Carbohydrate (g)	43.3	8.4
Sugars (g)	4.4	0.9
Protein (g)	41.8	8.1
Salt (g)	1.42	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

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.

Contact

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Cook the Potatoes

- Boil a full kettle of **water**.
- Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- Pour the **boiling water** into a large saucepan with $\frac{1}{2}$ **tsp salt**.
- Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



Sauce Things Up

- Once the **chicken** and **mushrooms** are browned, add the **garlic** to the pan and stir-fry for 1 min.
- Stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**, then bring to the boil and reduce by half, 2-3 mins.
- Stir through the **creme fraiche** and **mustard** until everything is piping hot, 2-3 mins.
IMPORTANT: *The chicken is cooked when no longer pink in the middle.*



Get Frying

- While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **chicken** and **mushrooms** to the pan. Season with **salt** and **pepper**.
- Fry until golden brown all over, 8-10 mins.
IMPORTANT: *Wash your hands and equipment after handling raw chicken and its packaging.*

CUSTOM RECIPE

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



Make the Mash

- Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- Add a knob of **butter** and a splash of **milk** (if you have any) along with **half** the **chives**. Mash until smooth.
- Season with **salt** and **pepper**. Cover with a lid to keep warm.



Prep Time

- Meanwhile, finely chop the **chives** (use scissors if easier).
- Peel and grate the **garlic** (or use a garlic press).



Serve

- When everything is ready, spoon the **mash** into your bowls.
- Share out the **creamy mustard chicken** alongside.
- Finish with a sprinkle of the remaining **chives** over the top.

Enjoy!