

Creamy Mustard Chicken and Mushrooms



with Mash and Chives

Calorie Smart 20 Minutes • 1 of your 5 a day • Under 650 Calories



Before you start

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

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Diced Chicken Thigh**	260g	390g	520g
Sliced Mushrooms**	180g	240g	360g
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Wholegrain Mustard 9)	17g	25g	34g
Diced Chicken Breast**	260g	390g	520g
	45		47
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

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*Not Included **Store in	n the Fridge		

Custom Recipe

FSC

MIX

Nutrition

Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	504g	100g	504g	100g
Energy (kJ/kcal)	2251/538	447/107	1990 /476	395 /94
Fat (g)	26.6	5.3	16.4	3.3
Sat. Fat (g)	11.4	2.3	8.4	1.7
Carbohydrate (g)	44.4	8.8	44.1	8.8
Sugars (g)	4.4	0.9	4.4	0.9
Protein (g)	37.2	7.4	40.1	8.0
Salt (g)	2.38	0.47	2.31	0.46

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). Points[™] values based on low-cal cooking spray oil.

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.

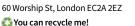
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Cook the Potatoes

a) Boil a full kettle of water.

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

c) Pour the **boiling water** into a large saucepan with ¹/₂ tsp salt and bring back to the boil on high heat.

d) Add the **potatoes** to the pan and cook until you can easily slip a knife through, 15-18 mins.



Get Frying

a) While the potatoes cook, heat a drizzle of oil in a large frying pan on high heat.

b) Once hot, add the diced chicken and sliced mushrooms to the pan. Season with salt and **pepper**.

c) Fry until the chicken is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

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



Sauce Things Up

a) Once the chicken and mushrooms are cooked, add the garlic to the pan. Stir-fry for 1 min.

b) Stir in the chicken stock paste and water for the sauce (see pantry for amount), then bring to the boil and reduce by half, 2-3 mins.

c) Stir through the creme fraiche and mustard until everything's piping hot, 2-3 mins.





Make the Mash

a) Meanwhile, once the potatoes are cooked, drain in a colander and return to the pan, off the heat.

b) Add a knob of **butter** and a splash of **milk** (if you have any) along with **half** the **chives**. Mash until smooth.

c) Season with salt and pepper. Cover with a lid to keep warm.



Prep Time

a) Meanwhile, finely chop the chives (use scissors if easier).

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



Serve

a) When everything's ready, spoon the mash into your bowls.

b) Share out the creamy mustard chicken.

c) Finish with a sprinkle of the remaining chives over the top.

Enjoy!